

## The helping hand when hunger strikes

- Hunger satisfying to help you feel fuller, longer
- Well balanced with high-quality protein & fiber
- Fortified with 23 vitamins & minerals
- Suitable for a low-carb diet
- Delicious & healthy addition to your daily meal plan

GNC Total Lean® - a simple plan for living leaner:

- Meal replacements & meal and exercise plan
- Energy & metabolism support
- Cleansing & detox
- Vitamins & on-the-go snacks

For your customized Total Lean® experience, visit [www.totallean.com](http://www.totallean.com).

**NOTICE:** Use in conjunction with the Total Lean® meal and exercise plan found on [www.totallean.com](http://www.totallean.com). Do not use in diets supplying less than 400 calories per day without medical supervision.

Significant product settling may occur.

**Store in a cool, dry place.**

**For More Information:**

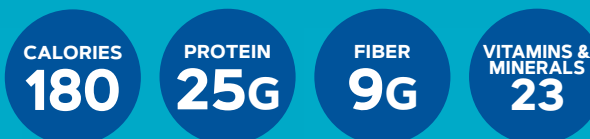
**1-888-462-2548**

**GNC.com**



**GNC**  
TOTAL LEAN®

# LEAN SHAKE™ 25



Hunger-satisfying, high-protein meal replacement  
Helps keep you fuller, longer



**CHOCOLATE PEANUT BUTTER**  
NATURAL AND ARTIFICIAL FLAVORS

NET WT 29.35 OZ (1.83 LB) 832 G

16 SERVINGS

CODE 370118

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**DIRECTIONS:** As a meal replacement, mix one serving (one heaping scoop) (52g) with 8-10 fl. oz. of cold water. Mix well. Drink two shakes daily in conjunction with a healthy weight management program.

## Nutrition Facts

16 Servings Per Container  
Serving Size **One Heaping Scoop (52g)**

Amount Per Serving  
**Calories 180**

| Amount Per Serving        |            | % Daily Value* |  |
|---------------------------|------------|----------------|--|
| <b>Total Fat</b>          | 3.5g       |                | <b>4%</b>                                  |
| Saturated Fat             | 2.5g       |                | <b>13%</b>                                 |
| Trans Fat                 | 0g         |                |  |
| <b>Cholesterol</b>        | 60mg       |                | <b>20%</b>                                 |
| <b>Sodium</b>             | 300mg      |                | <b>13%</b>                                 |
| <b>Total Carbohydrate</b> | 18g        |                | <b>7%</b>                                  |
| Dietary Fiber             | 9g         |                | <b>32%</b>                                 |
| Total Sugars              | 3g         |                |  |
| Includes 0g Added Sugars  |            |                | <b>0%</b>                                  |
| <b>Protein</b>            | 25g        |                | <b>50%</b>                                 |
| Vitamin D                 | 0mcg       | 0%             | • Calcium 450mg 35%                        |
| Iron                      | 5mg        | 30%            | • Potassium 300mg 6%                       |
| Vitamin A                 | 300mcg RAE | 35%            | • Vitamin C 30mg 35%                       |
| Vitamin E                 | 3mg        | 20%            | • Thiamin 0.3mg 25%                        |
| Riboflavin                | 0.3mg      | 25%            | • Niacin 4mg 25%                           |
| Vitamin B-6               | 0.4mg      | 25%            | • Folate 135mcg DFE (80mcg Folic Acid) 35% |
| Vitamin B-12              | 1.3mcg     | 50%            | • Biotin 60mcg 200%                        |
| Pantothenic Acid          | 2mg        | 40%            | • Phosphorus 250mg 20%                     |
| Iodine                    | 75mcg      | 50%            | • Magnesium 105mg 25%                      |
| Zinc                      | 3mg        | 25%            | • Selenium 14mcg 25%                       |
| Copper                    | 0.4mg      | 45%            | • Manganese 0.4mg 15%                      |
| Chromium                  | 24mcg      | 70%            | • Molybdenum 15mcg 35%                     |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Whey Protein Concentrate, Maltodextrin, Milk Protein Concentrate, Cocoa Powder (Processed with Alkali), Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a Milk Derivative), Mono- & Diglycerides, Dipotassium Phosphate, Sodium Silico Aluminate), Whey Protein Isolate, Cellulose Powder, Natural & Artificial Flavors, Oat Bran, Nonfat Dry Milk, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Tricalcium Phosphate, Calcium Carbonate, Resistant Corn Starch, Fructooligosaccharides, Magnesium Oxide, Vitamin & Mineral Blend (Vitamin A Acetate, Sodium Ascorbate, dl-alpha Tocopheryl Acetate, Thiamin Hydrochloride, Riboflavin, Niacinamide, Pyridoxine Hydrochloride, Folic Acid, Cyanocobalamin, Biotin, Calcium d-Pantothenate, Ferric Orthophosphate, Potassium Iodide, Zinc Oxide, Sodium Selenite, Copper Oxide, Manganese Sulfate, Chromium Chloride, Sodium Molybdate, Maltodextrin), Sunflower Lecithin, Sucralose.

**CONTAINS: Milk and Coconut.**

**Distributed by:**

**GNC Holdings, LLC**

**Pittsburgh, PA 15222 USA**

**⚠WARNING:** Cancer and Reproductive Harm - [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov). Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test.