

The Lean Shake™ that started it all!

- Clinically proven results^
- Helps you feel fuller, longer
- Includes high-quality protein & fiber
- Enriched with vitamins & minerals
- Supports healthy, normal cholesterol levels
- Fuels metabolism & supports lean muscle
- Healthy addition to your daily meal plan

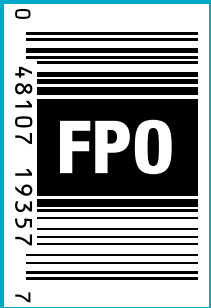
GNC Total Lean® - a simple plan for living leaner:

- 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.

*A randomized clinical study consisting of 98 healthy participants compared the use of Lean Shake™ in conjunction with the Meal and Exercise Plan (total daily caloric intake of 1500 calories) to a 1500 calorie diet alone. This study resulted in nearly twice as much total weight loss among the Lean Shake™ users upon completion of 12 weeks.

Store in a cool, dry place.
For More Information:
1-888-462-2548
GNC.com
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



GNC
 TOTAL LEAN®

LEAN SHAKE™ Classic

CALORIES 180	PROTEIN 9G	FIBER 8G	VITAMINS & MINERALS 23
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Clinically proven nearly 2X more weight loss^
 Fuels metabolism & supports healthy cholesterol levels



SWISS CHOCOLATE
 NATURAL & ARTIFICIAL FLAVOR
 NET WT 27.1 OZ (1.69 LB) 768 G
 16 SERVINGS

CODE 269686 JTG
DIRECTIONS: As a meal replacement, mix one serving (one heaping scoop)(48g) with 8 fl oz of cold water. Mix well. Drink two shakes daily while following a healthy weight management program.

Nutrition Facts	
16 Servings Per Container	
Serving Size	One Heaping Scoop (48g)
Amount Per Serving	
Calories	180
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 31g	11%
Dietary Fiber 8g	29%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 9g	18%
Vitamin D 0mcg	0%
Iron 5.1mg	30%
Vitamin A 300mcg	35%
Vitamin E 4mg	25%
Riboflavin 0.4mg	30%
Vitamin B-6 0.4mg	25%
Vitamin B-12 1.2mcg	50%
Pantothenic Acid 2.2mg	45%
Iodine 30mcg	20%
Zinc 4.1mg	35%
Copper 0.4mg	45%
Chromium 24mcg	70%
Calcium 470mg	35%
Potassium 330mg	8%
Vitamin C 31mg	35%
Thiamin 0.3mg	25%
Niacin 4.5mg	30%
Folate 135mcg DFE	35%
(80mcg Folic Acid)	
Biotin 60mcg	200%
Phosphorus 310mg	25%
Magnesium 125mg	30%
Selenium 14mcg	25%
Manganese 0.6mg	25%
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: Carbohydrate Blend (Maltodextrin, Oat Bran, Cellulose Powder, Gum Blend [Cellulose Gum, Xanthan Gum, Carrageenan], Resistant Starch, Fructooligosaccharides), Milk Protein Concentrate, Nonfat Dry Milk, Cocoa (Processed with Alkali), Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Natural & Artificial Flavor, Vitamin & Mineral Blend (Dimagnesium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sodium Ascorbate, Ferric Orthophosphate, dl-alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, D-Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Cupric Oxide, Thiamin Hydrochloride, Vitamin A Acetate, Riboflavin, Chromium Chloride, Folic Acid, Biotin, Sodium Molybdate, Potassium Iodide, Sodium Selenite, Cyanocobalamin), Salt, Acesulfame Potassium, Sucralose.

CONTAINS: Milk and Soybeans. May contain Wheat.
NOTICE: Use in conjunction with the Total Lean® meal and exercise plan found on www.totallean.com. Significant product settling may occur.