

The helping hand when hunger strikes

- Hunger satisfying to help you feel fuller, longer
- Well balanced with high-quality protein & fiber
- Enriched 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.

NOTICE: Use in conjunction with the Total Lean® meal and exercise plan found on 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.

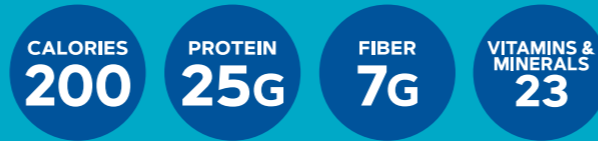
For More Information:
1-888-462-2548

GNC.com
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



GNC
TOTAL LEAN®

LEAN SHAKE™ 25



Hunger-satisfying, high-protein meal replacement
Supports a healthy metabolism



ORANGE CREAM
NATURAL & ARTIFICIAL FLAVOR

NET WT 29.35 OZ (1.83 LB) 832 G
16 SERVINGS

CODE 369678

FTG

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		One Heaping Scoop (52g)	
Serving Size		Amount Per Serving	
Calories		200	
		% Daily Value*	
Total Fat 3g			4%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 75mg			25%
Sodium 150mg			7%
Total Carbohydrate 18g			7%
Dietary Fiber 7g			25%
Total Sugars 3g			
Includes <1g Added Sugars			1%
Protein 25g			50%
Vitamin D 0mcg	0%	Calcium 600mg	45%
Iron 3.6mg	20%	Potassium 200mg	4%
Vitamin A 270mcg	30%	Vitamin C 36mg	40%
Vitamin E 2.7mg	20%	Thiamin 0.3mg	25%
Riboflavin 0.32mg	25%	Niacin 4mg	25%
Vitamin B-6 0.4mg	25%	Folate 133mcg DFE	35%
		(80mcg Folic Acid)	
Vitamin B-12 1.2mcg	50%	Biotin 60mcg	200%
Pantothenic Acid 2mg	40%	Phosphorus 300mg	25%
Iodine 75mcg	50%	Magnesium 80mg	20%
Zinc 3mg	25%	Selenium 14mcg	25%
Copper 0.4mg	45%	Manganese 0.4mg	15%
Chromium 24mcg	70%	Molybdenum 15mcg	30%

*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: Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate), Carbohydrate Blend (Maltodextrin, Oat Bran, Cellulose Gum, Resistant Starch, Fructooligosaccharides, Xanthan Gum, Carrageenan), Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Natural & Artificial Flavors, Contains 2% or less of Acesulfame Potassium, Biotin, Calcium Carbonate, Chromium Chloride, Cupric Oxide, Cyanocobalamin, d-Calcium Pantothenate, Dimagnesium Phosphate, dl-alpha Tocopheryl Acetate, FD&C Yellow #6, Ferric Orthophosphate, Folic Acid, Lecithin, Manganese Sulfate, Niacinamide, Nonfat Dry Milk, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Sodium Ascorbate, Sodium Molybdate, Sodium Selenite, Sucralose, Thiamin Hydrochloride, Tricalcium Phosphate, Vitamin A Acetate, Zinc Oxide.

CONTAINS: Milk and Soybeans.