

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 more information about keto – including meal plans – visit www.gnc.com/keto. And for more Total Lean® products, visit www.totallean.com.

¹MCTs = medium-chain triglycerides

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548
GNC.com



GNC
TOTAL LEAN®

KETO
PROTEIN
DIETARY SUPPLEMENT

PROTEIN

8G

FAT

10G

CARBS

4G

SUGAR

0G

Protein from collagen & other sources
Also includes MCTs¹ & digestive enzymes



CHOCOLATE
NATURAL FLAVOR

NET WT 21.16 OZ (600 G) • 25 SERVINGS

CODE 369674 **IUG**
DIRECTIONS: As a dietary supplement, mix one scoop with 6 to 8 fl. oz. of water and consume one to two servings per day with adequate amounts of water. It is recommended to start off with 1/2 serving for the first week of consumption and slowly graduate up to a full serving, as tolerated. Do not exceed two servings per day. Not for long-term consumption.

Supplement Facts

Serving Size One Scoop (24 g)	
Servings Per Container 25	
Amount Per Serving	% Daily Value
Calories	130
Total Fat	10 g13%
Saturated Fat	7 g35%
Cholesterol	20 mg7%
Total Carbohydrate	4 g1%
Dietary Fiber	1 g4%
Total Sugars	0 g
Protein	8 g16%
Calcium	20 mg2%
Iron	0.8 mg4%
Sodium	80 mg3%
Potassium	180 mg4%
Digestive Enzyme Blend	150 mg *
Lipase, Protease, Papain, Bromelain	

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily value not established.

OTHER INGREDIENTS: Fat Blend [Butter (Pasteurized Cream, Salt, Nonfat Dry Milk), Coconut Oil Solids (Medium Chain Triglycerides, Arabic Gum, Silicon Dioxide), Conjugated Linoleic Acid (Conjugated Linoleic Acid Triglycerides, Gum Acacia)], Protein Blend [Egg White Protein (Egg Whites, Sunflower Lecithin), Beef Protein Isolate, Chicken Protein (Chicken, Extract of Rosemary), Collagen (Gelatin Hydrolysate Bovine)], Cocoa Powder, Natural Flavor, Stevia Extract, Monk Fruit Extract (Monk Fruit, Maltodextrin).

CONTAINS: Eggs, Milk, and Tree Nuts (Coconuts).

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

WARNING: 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. Prior to starting and for long-term use, please consult with your physician about following a ketogenic diet. Always use in conjunction with a diet that provides 1500 or more calories per day. Diets that are low in carbohydrates may cause weakness, headaches or gastrointestinal discomfort.

NOTICE: Use in conjunction with one of the keto meal plans found on gnc.com/keto. Significant product settling may occur.

