

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.

GNC
TOTAL LEAN®

KETO
PROTEIN
DIETARY SUPPLEMENT

PROTEIN
8G

FAT
9G

CARBS
4G

SUGAR
1G

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



CINNAMON BUN
NATURAL FLAVOR

NET WT 19.72 OZ (559 G) • 25 SERVINGS

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



CODE 369673 **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 (22.35 g)	
Servings Per Container 25	
Amount Per Serving	% Daily Value
Calories	130
Total Fat	9 g12%
Saturated Fat	6 g30%
Cholesterol	20 mg7%
Total Carbohydrate	4 g1%
Dietary Fiber	1 g4%
Total Sugars	1 g
Protein	8 g16%
Calcium	30 mg2%
Sodium	110 mg5%
Potassium	100 mg2%
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)), Natural Flavor, Stevia Extract, Cinnamon Powder, 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.

