A SIMPLE PLAN FOR LIVING LEAN

Add these great Total Lean™ products to enhance your nutrition program.

BALANCED NUTRITION

• Lean Shake™ 25 Shake • Lean Bar • Breakfast Squares

ESSENTIAL NUTRIENTS

• Live Lean & Fit Pak • A Premium GNC Multi-Vitamin

METABOLISM SUPPORT

• Premium CLA Complex • L-Carnitine • Burn 60™

For More Information:
1-888-462-2548
SHOP NOW @ GNC.COM
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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SCAN & LEARN MORE

GNC | TOTAL LEAN™

LEAN SHAKE™ 25

25G HIGH-PROTEIN SHAKE

- Meal replacement to fuel a healthy metabolism
- 25 grams of high-quality protein to support lean muscle tone
- 9 grams of fiber to help you feel fuller and support healthy blood sugar levels
- Suitable for a low carb diet

Orange Cream

Natural & Artificial Flavors

NET WT 29.3 OZ (1.83 LB) 832 G

SCIENTIFICALLY FORMULATED

Calories:	Protein:	Fiber:	Sugar:
200	25g	9g	3g

TRY THIS DELICIOUS LEAN SHAKE™ 25 RECIPE:

Delicious Orange Dream-sicle

- ✓ 2 Scoops (1 Serving) of Lean Shake™ 25 Orange Cream Powder
- ✓ 1/2 C Orange Juice
- ✓ 1/4 t Vanilla Extract
- ✓ 1/4 C Vanilla Yogurt
- ✓ 6 oz Cold Water
- ✓ 4-6 Ice Cubes

DIRECTIONS: Combine these ingredients in a blender and mix well for 30 seconds. For the Ultimate Nutrition Shake, add 1-2 scoops of Mega Men® or Women's Ultra Mega® Maximum Nutrition Powder!

CODE 364303 EOG

Directions: As a meal replacement, mix one serving (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

Serving Size Two Scoops (52g)
Servings Per Container 16

Amount Per Serving	
Calories 200	
Calories from Fat 30	
	% Daily Value†
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 150mg	6%
Potassium 200mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 9g	36%
Soluble Fiber 8g	
Sugars 3g	
Protein 25g	
Vitamin A	20%
Vitamin C	60%
Calcium	65%
Iron	20%
Vitamin E	20%
Thiamin	20%
Riboflavin	20%
Niacin	20%
Vitamin B-6	20%
Folic Acid	20%
Vitamin B-12	20%
Biotin	20%
Pantothenic Acid	20%
Phosphorus	30%
Iodine	40%
Magnesium	25%
Zinc	20%
Selenium	20%
Copper	20%
Manganese	20%
Chromium	20%
Molybdenum	20%

† Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2400mg	2400mg
Potassium			3500mg	3500mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

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

INGREDIENTS: Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate), Carb Blend (Maltodextrin, Oat Bran, Cellulose Gum, Resistant Starch, Fructooligosaccharides, Xanthan Gum, Carrageenan), Creamer (Partially Hydrogenated Soybean Oil, Maltodextrin, Sodium Caseinate, Dipotassium Phosphate, Polysorbate 60, Monoglycerides), Natural & Artificial Flavors, Vitamin and Mineral Blend (Calcium Carbonate, Dimagnesium Phosphate, Tricalcium Phosphate, Sodium Ascorbate, Maltodextrin, 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), Nonfat Dry Milk, Lecithin, Acesulfame Potassium, Sucralose, FD&C Yellow #6.

CONTAINS: Milk and Soybeans.

NOTICE: Use only as directed in conjunction with the enclosed meal plan. Significant product settling may occur.

Store in a cool, dry place.

Lean Shake™ 25 – Healthy Weight Management Support

GNC Total Lean™ Lean Shake™ 25 is a great-tasting and well-balanced blend of high-quality protein, fiber, and 22 vitamins & minerals, making it suitable for low carb diets, and a healthy addition to your daily dietary regimen. GNC Total Lean™ Lean Shake™ 25 is a convenient and effective way to exercise portion control, an essential component of a successful weight management program! Combine the use of GNC Total Lean™ Lean Shake™ 25 with the enclosed meal & exercise plan, and with just two delicious shakes per day plus a few simple lifestyle changes, including a calorie-controlled diet, you can be on your way to achieving your weight management goals and living a healthier life!

GNC TOTAL LEAN CHALLENGE

ARE YOU UP FOR THE CHALLENGE?

Visit GNC.com/TLC to join and for more information.