



TOTAL LEAN™
ADVANCED

Start a new phase in your weight management journey with this next-level, weight-loss innovation designed specifically for those who strive for body tone and definition. With fat metabolism and body sculpting at the core, this comprehensive approach includes targeted solutions to help you transform common weight loss challenges into results that you can see and feel. These research-based solutions are designed by our weight management experts to provide you with personalized supplement and meal plans, plus body-defining exercise regimens. Get started now with the enclosed overview and visit GNC.com/TotalBodyEnhancedBody.

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BioCass® Edge is a trademark of National Truyn Company, Inc.

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.

For More Information:
1-888-852-2549

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



DIETARY SUPPLEMENT

**CALORIE-BURNING THERMOGENIC
& WHEY PROTEIN BLEND**

**BALANCED
NUTRITION
HIGH-ENERGY
THERMOGENIC**



CHOCOLATE FUDGE
Natural & Artificial Flavors

3X MORE BURN
CLINICALLY PROVEN
TO BURN 3 TIMES
MORE CALORIES!

30G HIGH
QUALITY PROTEIN
**FOR LEAN
MUSCLE**

GLUTEN FREE

NET WT 26.72 OZ (1.67 lb) 757.6 g

CONCLUSION

DIRECTIONS: As a dietary supplement, add two scoops (47.35 grams) to 8 fl. oz. of cold water, mix well, and enjoy 30 minutes prior to exercise. For more detailed usage instructions, see label panel.

Supplement Facts

Serving Size Two Scoops (47.35 g)
Calories Per Container 18

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	120	Magnesium	100 mg 20%
Calories from Fat	0	(as α -Magnesium Phosphate & Magnesium Oxide)	
Total Fat	1 g 2%	(as Zinc Oxide)	3.75 mg 25%
Saturated Fat	0.5 g 1%	(as Sodium Sebacate)	0.75 mg 25%
Cholesterol	10 mg 2%	Copper	0.5 mg 25%
Total Carbohydrates	11 g 4%	Manganese	0.5 mg 25%
Dietary Fiber	8 g 24%	(as Manganese Sulfate)	
Soluble Fiber	5 g *	Chromium	30 mcg 25%
Sugars	1 g *	Molybdenum	10.75 mcg 25%
Protein	30 g	(as Sodium Molybdate)	
Vitamin A (as Vitamin A Acetate)	1250 IU 25%	Sodium (as Sodium Chloride)	180 mg 2%
Vitamin C (as Sodium Ascorbate)	15 mg 25%	Potassium	320 mg 10%
Vitamin D (as Cholecalciferol 25)	100 IU 25%	(as α -Potassium Phosphate)	
(as α -Thiamine Hydrochloride)	7.5 mg 25%		
Thiamin	0.375 mg 25%		
(as Thiamine Hydrochloride)			
Riboflavin	0.40 mg 25%		
Niacin (as Nicotinamide)	20 mg 100%		
Vitamin B-6	0.5 mg 25%		
(as Pyridoxine Hydrochloride)			
Folic Acid	100 mcg 25%		
Vitamin B-12 (as Cyanocobalamin)	1.5 mcg 25%		
Biotin	75 mcg 25%		
Pantothenic Acid	2.5 mg 25%		
(as Calcium α -Pantothenate)			
Calcium (as Calcium Carbonate)	250 mg 25%		
Phosphorus	250 mg 25%		
(as α -Magnesium & α -Potassium Phosphates)			

Amount Per Serving	% Daily Value
Lean Muscle Recovery Blend	
L-Carnitine	250 mg *
(as L-Carnitine L-Tartrate)	
BeaCam[®] Siga	100 mg *
(from <i>Aspergillus oryzae</i> , <i>Aspergillus niger</i> , <i>Aspergillus glaucus</i> and <i>Penicillium</i> (from <i>Aspergillus oryzae</i>))	
Sodium Ascorbate (Vitamin C)	50 mg *
Pure Extract (Other amount)	
Lutemax [®] 2020 Lutein	1 mg *
High-Energy Thermogenic Blend	
Caffeine (as Caffeine Anhydrous)	200 mg *
Capascent [®] Fruit Extract	33.34 mg *
(Capsaicin amount)	
Piperine	5 mg *
(from <i>Long pepper</i> Black Pepper Extract)	

^a Daily Value not established.

OTHER INGREDIENTS: Whey Protein Isolate, Suniflor® Partially Hydrolyzed Guar Gum, Gum Powder, Natural & Artificial Flavors, Gum Blend, Cellulose Gum, Suniflor® Gum, Carrageenan, Lecithin, Roselle® Extract, Sorbitol.

Contributors: Mike and Tarynnean

SPARK THINGS UP!

Try mixing a serving of Loose Shakes™ Bars into your other favorite foods for additional variety!

- *Handbook of Vegetation Ecology*
- *Grassland Ecology*
- *Ed. J. J. O'Neill, 2001, 300 pp.*

Also visit DHC.com/TotalConstruction for additional wedge ideas.

Lean Shake™ Burn – Losing Never Felt
This Good™

Lean Shams® is a delicious, potent with a clinically studied blend shows to burn 287 more calories and supercharge your metabolism for fast, energizing results.™ This advanced formula features 20 grams of ultra-pure omega-3 fatty acids for heart health, performance and recovery, with just 111 grams of total carbohydrates per serving. Lean Shams® is also suitable for low carb diets. Elevate your mind and body (improve) your day and feel fit during workouts with the calorie-burning product shown scientifically formulated to deliver an extraordinary lack of weight. Caroline Lean Shams® Burn with the Total Lean® Advanced Side Toning System to revolutionize your weight management efforts and get you on track toward a toned and defined body. To get your own personalized meal and exercise program, visit CNC.com/TotalLeanAdvanced.html.

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As individual tolerances may vary, you may begin by taking 1 pump stroke in 2 to 4 a.m. and under the 2 to 4 days, and then increase to the suggested 2 pump dose

First Time Users

did two sprints (20 min) to 4 h, no. of cold water, no rest, and enjoy 20 minutes prior to exercise. Do not follow these guidelines.

Key Maxims

take over trading.



ARE YOU UP FOR THE CHALLENGE?

Visit DNC.gov/ETLC to order and for more information.

WARNING: Consult your physician prior to using this product if you are

Thrombolysis is now being considered earlier in women.

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