

Ignite your weight management plan.

Boost your metabolism, support lean muscle and satisfy your hunger*

- Features a thermogenic blend clinically proven to burn 3X more calories**
- 30 g whey protein isolate to support lean muscle*
- Hunger satisfying so you can feel fuller, longer*
- Supports mental focus*
- Well balanced with high-quality protein & fiber
- Enriched with 24 vitamins & minerals
- Suitable for a low-carb diet
- Delicious, healthy addition to your daily meal plan

*In a double-blind, randomized, placebo-controlled, cross-over study, 25 subjects exercised on a treadmill on two occasions. On one occasion, the subjects took the thermogenic blend before exercise and on the second occasion, they took a placebo. When the subjects took the thermogenic blend, they burned three times more calories before, 3% more calories during and 12 times more calories after exercise compared to when they took the placebo.

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Sunfiber® is a registered trademark of Talo International, Inc. Use of Sunfiber® is protected by US Trademark Registration No. 2,930,937.

BioCore® Edge is a trademark of Overland Probiotics & Enzymes, 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.

KEEP OUT OF REACH OF CHILDREN.
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™ BURN

DIETARY SUPPLEMENT

CALORIES
170

PROTEIN
30G

FIBER
6G

CAFFEINE
200MG

Hunger-satisfying, high-protein blend
Proven to burn 3X more calories**

CHOCOLATE FUDGE
NATURAL & ARTIFICIAL FLAVORS

NET WT 26.75 OZ (1.67 LB) 758.4 G

16 SERVINGS

CODE 369679

DIRECTIONS: As a dietary supplement, add two scoops (47.4 g) to 8 fl. oz. of cold water, mix well and enjoy 30 minutes prior to exercise. Do not take before bedtime.

Supplement Facts

Servings Size Two Scoops (47.4 g)

Servings Per Container 16

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	170	Magnesium	100 mg 24%
Total Fat	1 g 2%	(as Bisphosphonate Phosphate & Magnesium Oxide)	
Saturated Fat	0.5 g 1%	Zinc (as Zinc Oxide)	3.75 mg 34%
Cholesterol	10 mg 2%	Selenium (as Sodium Selenite)	17.5 mcg 32%
Total Carbohydrate	18 g 4%	Copper (as Copper Citrate)	0.5 mg 56%
Dietary Fiber	6 g 21%	Manganese (as Manganese Sulfate)	0.5 mg 23%
Soluble Fiber	5 g *	Chromium (as Chromium Chloride)	38 mcg 86%
Total Sugars	1 g *	Molybdenum (as Sodium Molybdate)	18.75 mcg 42%
Includes <1 g Added Sugars	<2%	Sodium (as Sodium Chloride)	160 mg 7%
Protein	30 g 60%	Potassium (as Dipotassium Phosphate)	520 mg 10%
Vitamin A (as Vitamin A Acetate)	375 mcg 42%	Lean Muscle Recovery Blend	401 mg *
Vitamin C (as Sodium Ascorbate)	15 mg 17%	L-Carnitine (as L-Carnitine L-Tartrate)	250 mg *
Vitamin D (as Cholecalciferol D-3)	2.5 mcg 10%	BioCore® Edge	100 mg *
Vitamin E (as dl- α -Tocopheryl Acetate)	7.5 mg 16%	Phytolase (from <i>Aspergillus oryzae</i>) and Proteases (from <i>Aspergillus oryzae</i> , <i>Aspergillus niger</i> and <i>Aspergillus melanosporus</i>)	
Thiamin (as Thiamin Hydrochloride)	8.375 mg 37%	Solomon Island Orange Fruit & Peel Extract	50 mg *
Riboflavin	8.43 mg 33%	(Citrus sinensis)	
Niacin (as Nicotinamide)	20 mg 125%	Luteumax® 2020 Lutein	1 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.5 mg 24%	High-Energy Thermogenic Blend	238.34 mg *
Folate	100 mcg 40%	Caffeine (as Caffeine Anhydrous)	200 mg *
(100 mcg Folic Acid)		Capsimax® Fruit Extract	33.34 mg *
Vitamin B-12 (as Cyanocobalamin)	1.5 mcg 62%	(Capricum amicum)	
Biotin	15 mcg 250%	Piperine (Piper nigrum)	5 mg *
Pantothenic Acid (as Calcium D-Pantothenate)	2.5 mg 50%	(from Black Pepper Extract)	
Calcium (as Calcium Carbonate)	250 mg 18%		
Phosphorus	250 mg 28%		
(as Bisphosphonate & Dipotassium Phosphate)			
Iodine (as Potassium Iodide)	37.5 mcg 75%		

OTHER INGREDIENTS: Whey Protein Isolate, Sunfiber® Partially Hydrolyzed Guar Gum, Cocoa Powder, Natural & Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Acesulfame Potassium, Sucralose.

CONTAINS: Milk and Soybeans.

WARNINGS: 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. Niacin may cause a temporary flushing reaction. Inform your physician of this product's biotin content before any lab test.

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.

This product contains 200 mg of caffeine.

