

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®

CLA PM

DIETARY SUPPLEMENT

ACTUAL SIZE



Stimulant-free, nighttime metabolism support
formula that promotes restful sleep*
Scientifically shown to improve body composition*
Improves lean muscle tone*
Fuels energy & fat metabolism*

120 SOFTGEL CAPSULES
30-DAY SUPPLY



CODE 388310

DIRECTIONS: As a dietary supplement, take four softgel capsules at bedtime.

HTG

Supplement Facts

Serving Size Four Softgel Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	50
Total Fat	4.5 g 6%†
Protein	2 g
Biotin	30 mcg 100%

CLA (Conjugated Linoleic Acid)
(from Safflower Oil)

3.4 g *

Rest and Relaxation Complex 300 mg

Valerian Root Extract (<i>Valeriana officinalis</i>)	100 mg *
L-Theanine	50 mg *
Lemon Balm Leaves Extract (<i>Melissa officinalis</i>)	50 mg *

Amount Per Serving % Daily Value

Hops Flower Extract (<i>Humulus lupulus</i>)	50 mg *
Passion Flower Powder (Fruits and Flowers)(<i>Passiflora incarnata</i>)	50 mg *

Restore and Recover Complex 79.95 mg

Hydrolyzed Gelatin	50 mg *
alpha-Lipoic Acid	10 mg *
L-Methionine	10 mg *
Silica (as Silicon Dioxide)	4 mg *
Horsetail Rush Stems Extract (<i>Equisetum arvense</i>)	3 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Lutein	950 mcg *

† Percent Daily Value based on a 2,000 calorie diet.
* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Glycerin, Beeswax, Caramel Color.

CONTAINS: Soybeans.

WARNING: For adult use only. Do not use this product if you are pregnant or lactating. If you are taking medication or have a medical condition, consult a physician before using this product. Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test. Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

No Sugar, No Artificial Colors, No Artificial Flavors, No Preservatives,
Sodium Free, No Wheat, Gluten Free, No Dairy.

* 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.



Lot No./Best By: