

Tastes great, more filling.

You work hard on your fitness goals, and that includes eating healthy. But sometimes it seems temptation is everywhere. Add GNC's Hunger Support Powder to your regimen. It helps you feel fuller, longer – and it tastes delicious!

- Excellent source of fiber, including Litesse®, which is clinically shown to reduce calorie consumption when taken before a meal^{††}
- Increases your feeling of fullness and satiety so you eat less and wait longer between meals*
- Provides an effective aid to eliminate unwanted toxins from the body and supports digestive health*
- Includes Bimuno® Prebiotic, which improves digestive comfort and bloating in as little as 7 days^{**}

In three separate placebo-controlled, clinical trials involving 86 participants, consumption of 12.5 g of Litesse® Fiber in a pre-meal beverage resulted in a statistically significant reduction in caloric intake in a subsequent test meal (lunch). The subjects' breakfast meal was controlled, as was the nutritional profile of the test beverage.

* In a randomized, double-blind, placebo-controlled, crossover trial, where 83 individuals took a daily dose of 1.37 g B-GOS® and placebo for 14 days each, during which B-GOS® subjects experienced statistically significant improvements in bloating and digestive comfort at the 7- and 14-day time points, compared to placebo.



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®

HUNGER SUPPORT

DIETARY SUPPLEMENT



Clinically shown to reduce food intake ^{††}*
Helps you to eat less and wait longer between meals*
Excellent source of fiber plus prebiotics
for digestive health*



ORANGE MANGO
NATURAL & ARTIFICIAL FLAVOR

NET WT 17.46 OZ (1.1 LB) (495 G)

30 SERVINGS

† Per 2 Scoops

CODE 509606

ITG

DIRECTIONS: As a dietary supplement, add one scoop to 8 to 10 fl. oz. of water, mix thoroughly and enjoy twice daily. For optimal hunger support benefits, take both servings together 60-90 minutes before your largest meal of the day. Consume with adequate amounts of water.

Supplement Facts

Serving Size	1 Scoop (16.5 g)		2 Scoops (33 g)	
Servings Per Container	30		15	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	40		80	
Total Carbohydrate	15 g	5%†	30 g	11%†
Dietary Fiber	11 g	39%†	22 g	79%†
Total Sugars	0 g	*	0 g	*
Includes 0 g Added Sugars		0%†		0%†
Litesse® Polydextrose Fiber	6.25 g	*	12.5 g	*
Bimuno® B-GOS® Galactooligosaccharides (Prebiotic)	1.37 g	*	2.74 g	*
Apple Cider Vinegar Powder	500 mg	*	1000 mg	*

† Percent Daily Values are based on a 2,000-calorie diet.

* Daily value not established.

OTHER INGREDIENTS: Soluble Vegetable Fiber (Corn), Citric Acid, Natural & Artificial Flavors, Sunfiber® (Partially Hydrolyzed Guar Gum), Silicon Dioxide, Lactose, Sucralose, Malic Acid, Glucose*, Acesulfame Potassium, FD&C Yellow #6.

CONTAINS: Milk

* Contributes a trivial amount of sugar.

No Sugar

Bimuno®, B-GOS® and the Bimuno® ICON are registered trademarks of Clasado IP Limited and are protected by patents 7,883,874, 8,058,047, 8,030,049 and 8,168,414.

Litesse® is a trademark of DuPont used under license by GNC.

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

* 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.