

In a double-blind, randomized, placebo-controlled, crossover 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.

Each serving provides 200 mg of caffeine.

Capsimax™ trademark belongs to OmniActive Health Technologies.

Natural Alternatives International (NAI) is the owner of the patent estate and registered trademark CarnoSyn®.

*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™

ENERGIZE & BURN

METABOLISM ENHANCING POWDER*
DIETARY SUPPLEMENT

Clinically proven to burn 3X more calories**
Fuels energy & fat metabolism*
Sugar Free



FRUIT PUNCH
NATURAL & ARTIFICIAL FLAVORS

CLINICALLY STUDIED
30 SERVINGS
NET WT 9.7 OZ (276 G)

CODE 732292

DIRECTIONS: As a dietary supplement, mix one ultra-concentrated scoop (9.2 g) into 10-12 fl. oz. of cold water and enjoy for an invigorating energy and metabolic boost. On training days, take 10-45 minutes prior to exercise. On non-training days, take one serving in the morning. Do not take prior to bedtime. For personalized stacking suggestions and to learn more, visit www.totallean.com.

GTG

Supplement Facts

Serving Size One Scoop (9.2 g)/Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	15
Total Carbohydrate	6 g 2%
Total Sugars	0 *
Includes 0 g Added Sugars	0%
Thiamin (as Thiamin HCl)	0.15 mg 13%
Riboflavin	0.17 mg 13%
Niacin	20 mg 125%
Vitamin B-6 (as Pyridoxine HCl)	0.2 mg 12%
Vitamin B-12 (as Cyanocobalamin)	0.6 mcg 25%
Choline (as Choline Bitartrate)	100 mg 16%
Calcium	55 mg 4%
Sodium	30 mg 1%

High Energy Calorie Burning Blend	588.34 mg *
CarnoSyn® Beta-Alanine	250 mg *
Caffeine	200 mg *
L-Carnitine (as L-Carnitine Tartrate)	100 mg *
Capsimax® Cayenne Extract (Fruit)(Capsicum annuum L.)	33.34 mg *
Black Pepper Extract (Fruit)(Piper nigrum)	5 mg *
Mind/Body Blend	300 mg *
Green Coffee Bean Extract (45% Chlorogenic Acids = 90 mg)(Coffee robusta)	200 mg *
Rhodiola Extract (root)(Rhodiola rosea)(3% Rosavins = 1.5 mg)	50 mg *
Schizandra Extract (Fruit)(Schizandra chinensis)	50 mg *

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

* Daily Value not established.

OTHER INGREDIENTS: Gum Arabic, Natural and Artificial Flavors, Citric Acid, Sucralose, Silica, FD&C Red #40.

WARNING: 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.

NOTICE: Significant product settling can occur.