

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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*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
5G

CAFFEINE
200MG

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



STRAWBERRY
NATURAL & ARTIFICIAL FLAVORS

NET WT 26.36 OZ (1.65 LB) 747.36 G
16 SERVINGS

CODE 369697

DIRECTIONS: As a dietary supplement, add two scoops (46.71 g) to 8 fl. oz. of cold water, mix well and enjoy 30 minutes prior to exercise. Do not take before bedtime.

HTG

Supplement Facts

Servings Size Two Scoops (46.71 g)
Servings Per Container 16

Amount Per Serving	% Daily Value
Calories	170
Total Fat	0.5 g 1%†
Cholesterol	10 mg 3%
Total Carbohydrate	11 g 4%†
Dietary Fiber	5 g 18%†
Soluble Fiber	5 g *
Total Sugars	2 g *
Includes <1 g Added Sugars	<2%†
Protein	30 g 60%†
Vitamin A (as Vitamin A Acetate)	375 mcg 42%
Vitamin C (as Sodium Ascorbate)	15 mg 17%
Vitamin D (as Cholecalciferol D-3)	2.5 mcg 13%
Vitamin E (as dl-alpha Tocopheryl Acetate)	7.5 mg 50%
Thiamin (as Thiamin Hydrochloride)	0.375 mg 31%
Riboflavin	0.43 mg 33%
Niacin (as Niacinamide)	20 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.5 mg 29%
Folate	170 mcg DFE 43% (100 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin)	1.5 mcg 63%
Biotin	75 mcg 250%
Pantothenic Acid (as Calcium d-Pantothenate)	2.5 mg 50%
Calcium (as Calcium Carbonate)	250 mg 19%
Phosphorus	250 mg 20%
(as Dimagnesium & Dipotassium Phosphate)	
Iodine (as Potassium Iodide)	37.5 mcg 25%

Amount Per Serving	% Daily Value
Magnesium (as Dimagnesium Phosphate & Magnesium Oxide)	100 mg 24%
Zinc (as Zinc Oxide)	3.75 mg 34%
Selenium (as Sodium Selenite)	17.5 mcg 32%
Copper (as Copper Citrate)	0.5 mg 56%
Manganese (as Manganese Sulfate)	0.5 mg 22%
Chromium (as Chromium Chloride)	30 mcg 86%
Molybdenum (as Sodium Molybdate)	18.75 mcg 42%
Sodium	150 mg 7%
Potassium (as Dipotassium Phosphate)	420 mg 9%
Lean Muscle Recovery Blend	401 mg *
L-Carnitine (as L-Carnitine L-Tartrate)	250 mg *
BioCore® Edge (Peptidase [from <i>Aspergillus oryzae</i>] and Proteases [from <i>Aspergillus oryzae</i> , <i>Aspergillus niger</i> and <i>Aspergillus melleus</i>])	100 mg *
Sicilian Blood Orange Fruit & Peel Extract (<i>Citrus sinensis</i>)	50 mg *
Lutemax® 2020 Lutein	1 mg *
High-Energy Thermogenic Blend	238.34 mg *
Caffeine (as Caffeine Anhydrous)	200 mg *
Capsimax® Fruit Extract (<i>Capsicum annuum</i>)	33.34 mg *
Piperine (<i>Piper nigrum</i>) (from Black Pepper Extract)	5 mg *

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

OTHER INGREDIENTS: Whey Protein Isolate, Sunfiber® Partially Hydrolyzed Guar Gum, Natural & Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Strawberry Powder, Citric Acid, Red Beet Powder (for Color), Acesulfame Potassium, Sucralose.

CONTAINS: Milk and Soybeans.

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. 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.

