

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 386630LTG

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.

Supplement Facts			
Servings Size Two Scoops (46.71 g)			
Servings Per Container 16			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	170	Magnesium	100 mg 24%
Total Fat	0.5 g 1%†	(as Dimagnesium Phosphate & Magnesium Oxide)	
Cholesterol	10 mg 3%	Zinc (as Zinc Oxide)	3.75 mg 34%
Total Carbohydrate	11 g 4%†	Selenium (as Sodium Selenite)	17.5 mcg 32%
Dietary Fiber	5 g 18%†	Copper (as Copper Citrate)	0.5 mg 56%
Soluble Fiber	5 g *	Manganese (as Manganese Sulfate)	0.5 mg 22%
Total Sugars	2 g *	Chromium (as Chromium Chloride)	30 mcg 86%
Includes <1 g Added Sugars	<2%†	Molybdenum (as Sodium Molybdate)	18.75 mcg 42%
Protein	30 g 60%†	Sodium	150 mg 7%
Vitamin A (as Vitamin A Acetate)	375 mcg 42%	Potassium (as Dipotassium Phosphate)	420 mg 9%
Vitamin C (as Sodium Ascorbate)	15 mg 17%	Lean Muscle Recovery Blend	401 mg *
Vitamin D (as Cholecalciferol D-3)	2.5 mcg 13%	L-Carnitine (as L-Carnitine L-Tartrate)	250 mg *
Vitamin E (as dl-alpha Tocopheryl Acetate)	7.5 mg 50%	BioCore® Edge	100 mg *
Thiamin (as Thiamin Hydrochloride)	0.375 mg 31%	(Peptidase [from Aspergillus oryzae] and Proteases [from Aspergillus oryzae, Aspergillus niger and Aspergillus melleus])	
Riboflavin	0.43 mg 33%	Sicilian Blood Orange Fruit & Peel Extract	50 mg *
Niacin (as Niacinamide)	20 mg 125%	(Citrus sinensis)	
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.5 mg 29%	Lutemax® 2020 Lutein	1 mg *
Folate	170 mcg DFE 43% (100 mcg Folic Acid)	High-Energy Thermogenic Blend	238.34 mg *
Vitamin B-12 (as Cyanocobalamin)	1.5 mcg 63%	Caffeine (as Caffeine Anhydrous)	200 mg *
Biotin	75 mcg 250%	Capsimax® Fruit Extract	33.34 mg *
Pantothenic Acid (as Calcium d-Pantothenate)	2.5 mg 50%	(Copsicum annuum)	
Calcium (as Calcium Carbonate)	250 mg 19%	Piperine (Piper nigrum)	5 mg *
Phosphorus	250 mg 20%	(from Black Pepper Extract)	
(as Dimagnesium & Dipotassium Phosphate)			
Iodine (as Potassium Iodide)	37.5 mcg 25%		

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: Cancer and Reproductive Harm – www.P65Warnings.ca.gov. 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.

