GNC Total Lean®
Burn & Define Vitapak®

GNC | TOTAL LEAN®

CODE 215317 BTG

ADVANCED SUPPORT AS YOU STRIVE TO BURN & DEFINE.

Get a complete solution, including premium, clinically researched ingredients in just the right doses — all in a convenient pack.

MULTIVITAMIN
A premium formula that helps fill in the nutrition gaps with vitamins, minerals and key nutrients that may be missing from your diet.*

BURN 60™
This clinically researched thermogenic boosts energy and metabolism as it ***increases calorie burning by up to 60%.†****

L-CARNITINE 1000
One of the most clinically studied forms of L-Carnitine available - shown to fuel fat metabolism and reduce oxidative stress post-exercise.*

CLA
Conjugated Linoleic Acid (CLA) is a naturally occurring fatty acid that fuels fat metabolism and enhances your diet.*

WATEREX™
Featuring an all-natural herbal blend, this scientific formulation helps regulate excess water.*

Embrace doing all the right things to achieve a more defined look — like following the enclosed meal and exercise plan. This product provides dietary supplements to support calorie burning, fat metabolism and your regimen.†*

† Participants exercised on a treadmill on two occasions. On one occasion they took this blend before exercise and on the second, they took a placebo. The amount of calories burned during the first hour post-exercise was measured, and participants burned up to 60% more calories while on this blend compared to when they took the placebo.

* 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.

BURN & DEFINE
VITAPAK®

Scientifically Formulated Nutrition & Weight Management Support System

ENERGY & CALORIE BURNING*
with clinically researched Burn 60™

FUELS FAT METABOLISM*
with L-Carnitine 1000 & CLA

WATER BALANCE*
with scientifically formulated Waterex™

NUTRITION SUPPORT*
with an ultra-concentrated multivitamin

DIETARY SUPPLEMENT
30 PACKS

CLINICALLY RESEARCHED

DIRECTIONS: As a dietary supplement, take the contents of one pack daily.
EACH PACK CONTAINS:

Total Lean® Multivitamin

Supplement Facts
Serving Size One Beige Caplet

Amount Per Serving		% Daily Value
Vitamin A (as Retinyl Acetate)	1050 mcg	117%
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin D (as Cholecalciferol D-3)	30 mcg	150%
Vitamin E (as d-alpha Tocopheryl Succinate)	37.19 mg	248%
Vitamin K (as Phytonadione)	80 mcg	67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.65 mg	138%
Riboflavin (Vitamin B-2)	1.87 mg	144%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3.3 mg	194%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1042%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	16.5 mg	330%
Choline (as Choline Bitartrate)	2.5 mg	<1%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	250 mg	19%
Phosphorus (as Dicalcium Phosphate)	15 mg	1%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	125 mg	30%
Zinc (as Zinc Oxide)	30 mg	273%
Selenium (as Sodium Selenite)	120 mcg	218%
Copper (as Cupric Oxide)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Hydrolyzed Protein Chelate)	200 mcg	571%
Molybdenum (as Hydrolyzed Protein Chelate)	75 mcg	167%
Chloride (as Potassium Chloride)	72 mg	3%
Potassium (as Potassium Chloride)	80 mg	2%

Amount Per Serving		% Daily Value
Amino Acid Blend (L-Taurine, L-Methionine, L-Glutamine, L-Carnitine)	20 mg	*
Eye Health Blend	1.2 mg	*
Lutemax® 2020 Lutein	1 mg	*
Zeaxanthin	200 mcg	*
Health & Mineral Blend	5.275 mg	*
Inositol	2.5 mg	*
Silica (as Silicon Dioxide)	2 mg	*
Lycopene	600 mcg	*
Boron (as Hydrolyzed Protein Chelate)	150 mcg	*
Tin (as Stannous Chloride)	10 mcg	*
Vanadium (as Vanadyl Sulfate)	10 mcg	*
Nickel (as Nickel Sulfate)	5 mcg	*

* Daily Value not established

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Hydroxypropylcellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Hydroxypropyl Methylcellulose, Titanium Dioxide (Mineral Whitener), Caramel Color, Ethyl Vanillin, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80.

ACTUAL SIZE

Conforms to USP <2091> for weight.

L-Carnitine 1000

Supplement Facts
Serving Size One White Caplet

Amount Per Serving		
L-Carnitine (Carnipure®) (from L-Carnitine Tartrate)	1 g	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silicon Dioxide, Vegetarian Coating.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Burn 60™ Thermogenic Formula

Supplement Facts
Serving Size Two Red Caplets

Amount Per Serving		
Guarana Seed Extract (*Paullinia cupana*) (36% Caffeine = 180 mg)	495 mg	*
Black Tea Leaves Extract (*Camellia sinensis*)	272 mg	*
MegaNatural® Grape Skin & Seed Extract (*Vitis vinifera*)	210 mg	*
Ginger Root Extract (*Zingiber officinale*)	200 mg	*
MegaNatural® Gold Grape Seed Extract (*Vitis vinifera*)	125 mg	*
Dill Weed Extract (*Anethum graveolens*)	5 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Dextrose, Microcrystalline Cellulose, Crospovidone, Maltodextrin, Silicon Dioxide, Calcium Silicate, Magnesium Stearate Vegetable Source, Natural Cinnamon Extract, Polyalditol, Natural Vanilla Mint Flavor, Sucralose, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Hydroxypropylcellulose, Hydroxypropyl Methylcellulose, Polyethylene Glycol, Titanium Dioxide (Mineral Whitener).

Contains 193.6 mg of Caffeine.

Conforms to USP <2091> for weight.

ACTUAL SIZE

Waterex™

Supplement Facts
Serving Size One Capsule

Amount Per Serving		% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg	1471%
Magnesium (as Magnesium Oxide)	25 mg	6%
Potassium (as Potassium Chloride)	25 mg	1%
Proprietary Blend	50 mg	*
Garlic Clove Powder (*Allium sativum*)		
Parsley Leaf Powder (*Petroselinum crispum*)		
Uva Ursi Leaf Extract (*Arctostaphylos uva-ursi*)		
Elderberry Fruit Powder (*Sambucus nigra*)		
Horsetail Rush Stems Powder (*Equisetum arvense*)		
Fennel Seed Powder (*Foeniculum vulgare*)		
Corn Silk Powder (*Zea mays*)		
Hydrangea Root Powder (*Hydrangea arborescens*)		

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Silicon Dioxide, Calcium Silicate, Caramel Color.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

CLA

Supplement Facts
Serving Size Two Yellow Softgel Capsules

Amount Per Serving		% Daily Value
Calories	25	
Total Fat	2.5 g	3% †
Conjugated Linoleic Acid (from Safflower Oil)	2000 mg	*

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

OTHER INGREDIENTS: Gelatin, Glycerin.

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.

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

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. Inform your physician of this product's biotin content before any lab test.

No Wheat, Gluten Free, No Soy, No Dairy.

GLUTEN FREE

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Store in a cool, dry place.

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1-888-462-2548

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OUR QUALITY COMMITMENT TO YOU
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