



DEFINE YOUR LOOK. Get premium, clinically researched ingredients in just the right doses to support your nutrition and weight management goals - 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.*



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



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

^ Clinically proven to increase post-workout calorie burning by up to 60% for up to one hour after a workout. This double-blind. placebo-controlled, crossover study consisted of 22 healthy men and women. Participants exercised on a treadmill on two occasions. On one occasion, they took Burn 60™ 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 Burn 60™ compared to when

* 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*



NUTRITION SUPPORT*

with an ultra-concentrated multivitamin

ENERGY & CALORIE BURNING^* with clinically researched Burn 60"

FUELS FAT METABOLISM* with L-Carnitine 1000 & CLA

WATER BALANCE*

with scientifically formulated Waterex



DIETARY SUPPLEMENT **30 PACKS**

30-DAY SUPPLY

CODE 219312 Burn 60" Thermogenic Formula

DIRECTIONS: As a dietary supplement, take the contents of one pack daily. Do not take before bedtime. **EACH PACK CONTAINS:**

Total Lean® Multivitamin

Supplement Facts

tassium (as Potassium Chloride)

Amount Per Serving	mount Per Serving % Da	
Vitamin A (as Retinyl Acetate)	1050 mcg	117%
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin D (as Cholecalciferol D-3)	30 mcg (1200 IU)	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	1949
Folate (4	667 mcg DFE 00 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	19
lodine (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%

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

THER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Vegetable Source, Titanium Dioxide (Mineral Whitener), Magnesium

forms to USP <2091> for weight.

ACTUAL SIZE

W B 7 W I

-Carnitine 1000

Supplement Facts

Amount Per Serving

-Carnitine (Carnipure*) (from L-Carnitine Tartrate)

* Daily Value not established.

Meets USP <2040> disintegration.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silicon Dioxide, Conforms to USP <2091> for weight

ACTUAL SIZE

Supplement Facts

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

* Daily Value not established.

Waterex"

Serving Size One Capsul

Amount Per Serving

Waterex Herbal Blend

Vitamin B-6 (as Pyridoxine Hydrochloride)

Garlic Clove Powder (Allium sativum)

Parsley Leaf Powder (Petroselinum crispum)

Elderberry Fruit Powder (Sambucus nigra)

Uva Ursi Leaf Extract (Arctostophylos uvo-ursi)

Horsetail Rush Stems Powder (Equisetum arvense) Fennel Seed Powder (Foeniculum vulgare)

Hydrangea Root Powder (Hydrangea arborescens)

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin,

Magnesium (as Magnesium Oxide) Potassium (as Potassium Chloride)

Corn Silk Powder (Zea mays)

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

OTHER INGREDIENTS: Dextrose, Microcrystalline Cellulose, Magnesium Stearate Vegetable Source, Natural Cinnamon Extract. Natural Vanilla Mint Flavor, Sucralose, FD&C Red #40 Lake, FD&C Conforms to USP <2091> for weight.

% Daily Value

25 mg 1471%

25 mg 6%

25 mg <1%

50 mg

ACTUAL SIZE

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

WARNING: Consult your physician prior to using this product if you are

Supplement Facts

NOTICE: Use in conjunction with the Total Lean® Meal and Exercise







mission. If you're not 100% satisfied with your purchase, return the unused our money or find a replacement product that is right for you.

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

Supplement Facts

Amount Per Serving % Daily Value 2.5 g 3%† onjugated Linoleic Acid (from Safflower Oil) 2000 ma

t 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

AWARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov.



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MegaNatural® MegaNatural® and its logo are

OUR QUALITY COMMITMENT TO YOU