

NOTICE: Significant product settling can occur.

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® is a trademark of OmniActive Health Technologies Ltd.

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

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For More Information:
1-888-462-2548
GNC.com



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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*
NET WT. 9.7 OZ. (276 G) • 30 SERVINGS

*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.

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 30-45 minutes prior to exercise. On non-training days, take one serving in the morning. Do not take prior to bedtime. Do not exceed one serving per day. For personalized stacking suggestions and to learn more, visit www.totallean.com.

DWG

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 g *
Includes 0 g Added Sugars	0%†
Thiamin (as Thiamin Hydrochloride)	0.15 mg 13%
Riboflavin	0.17 mg 13%
Niacin	20 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.2 mg 12%
Vitamin B-12 (as Cyanocobalamin)	0.6 mcg 25%
Choline (as Choline Bitartrate)	100 mg 18%
Calcium	55 mg 4%
Sodium	35 mg 2%
CarnoSyn® Beta-Alanine	250 mg *
Caffeine	200 mg *
Green Coffee (<i>Coffea robusta</i>) Seed Extract	200 mg *
L-Carnitine (as L-Carnitine L-Tartrate)	100 mg *
Rhodiola (<i>Rhodiola rosea</i>) Root Extract	50 mg *
Schisandra (<i>Schisandra chinensis</i>) Fruit Extract	50 mg *
Cayenne (<i>Capsicum annuum</i> L.) Fruit Extract	33.34 mg *
Black Pepper (<i>Piper nigrum</i>) Fruit Extract	5 mg *

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

OTHER INGREDIENTS: Gum Arabic, Natural & Artificial Flavors, Citric Acid, Sucralose and Less than 1% of: Dicalcium Phosphate, FD&C Red #40, Hydrogenated Vegetable Oil (Soybean Oil, Palm Oil and/or Cottonseed Oil), Hydroxypropyl Methylcellulose, Maltodextrin, Microcrystalline Cellulose, Shellac, Silica, Sugar*.
Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA
Contains a bioengineered food ingredient.
⚠ 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.
* Adds a dietarily insignificant amount of sugar.

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