GNC
TOTAL LEAN®

5 IN 1 BURN & DEFINE VITAPAK®

ADVANCED SUPPORT AS YOU STRIVE TO BURN & DEFINE.

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.*

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 water balance.*

^ 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 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.

GNC
TOTAL LEAN®

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

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CODE 220811 **LXG**

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

Serving Size One Beige Caplet

Amount Per Serving		% Daily Value
Vitamin A (as Retinyl Acetate)	1050 mcg RAE	117%
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin D (as Cholecalciferol)	30 mcg	150%
Vitamin E (as d-alpha Tocopheryl Succinate)	30.2 mg	201%
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	680 mcg DFE (400 mcg Folic Acid)	170%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1042%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	16.5 mg	330%
Calcium (as Calcium Carbonate, Dicalcium Phosphate & Calcium d-Pantothenate)	250 mg	19%
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 Chromium Chloride & Hydrolyzed Rice Protein Chelate)	200 mcg	571%
Molybdenum (as Molybdenum Glycinate & Hydrolyzed Rice Protein Chelate)	75 mcg	167%
Chloride (as Potassium Chloride)	70 mg	3%
Potassium (as Potassium Chloride)	80 mg	2%
Amino Acid Blend (Taurine (as L-Taurine) Methionine (as L-Methionine) Glutamine (as L-Glutamine) Carnitine (as L-Carnitine))	**20 mg**	*
Inositol	2.5 mg	*
Silica (as Silicon Dioxide)	2 mg	*
Lutein (as Marigold [*Tagetes erecta*] Flower Extract)	1 mg	*
Lycopene	600 mcg	*
Zeaxanthin (as Zeaxanthin isomers from Marigold [*Tagetes erecta*] Flower Extract)	200 mcg	*
Boron (as Boric Acid & Hydrolyzed Rice 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, Hydroxypropyl Methylcellulose, Croscarmellose Sodium and Less than 2%: Artificial Vanilla Flavor, BHA/BHT (Preservative), Caramel (Color), Carnauba Wax, Choline Bitartrate, Corn Starch, Ethylcellulose, Fumaric Acid, Gelatin (Porcine), Glucose Syrup, Gum Arabic, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Maltodextrin, Methyl Paraben (Preservative), Mixed Tocopherols, Modified Food Starch, Polyethylene Glycol, Polysaccharides, Polysorbate 80, Propyl Paraben (Preservative), Sodium Aluminum Silicate, Sodium Ascorbate, Stearic Acid Vegetable Source, Sugar, Titanium Dioxide (Mineral Whitener), Vegetable Acetoglycerides, Vegetable Oil.

ACTUAL SIZE

L-Carnitine 1000

Supplement Facts

Serving Size One White Caplet

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

* Daily Value not established.

OTHER INGREDIENTS: Hydroxypropylcellulose, Microcrystalline Cellulose, Stearic Acid Vegetable Source and Less than 2%: Cellulose, Magnesium Stearate Vegetable Source, Silicon Dioxide.

ACTUAL SIZE

Burn 60™ Thermogenic Formula

Supplement Facts

Serving Size Two Red Caplets

Amount Per Serving		% Daily Value
Guarana (*Paullinia cupana*) Seed Extract	495 mg	*
Black Tea (*Camellia sinensis*) Leaf Extract	272 mg	*
Grape (*Vitis vinifera*) Skin and Seed Extract	210 mg	*
Ginger (*Zingiber officinale*) Root Extract	200 mg	*
Caffeine	180 mg	*
Grape (*Vitis vinifera*) Seed Extract	125 mg	*
Dill (*Anethum graveolens*) Aerial Parts Extract	5 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Dextrose, Maltodextrin, Dicalcium Phosphate, Microcrystalline Cellulose, Crospovidone and Less than 2%: Calcium Silicate, Cinnamon Extract, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Gum Arabic, Hydroxypropyl Methylcellulose, Hydroxypropylcellulose, Magnesium Stearate Vegetable Source, Natural Vanilla Flavor, Polyethylene Glycol, Silicon Dioxide, Sodium Starch Glycolate, Stearic Acid, Sucralose, Sugar, Titanium Dioxide (Mineral Whitener), Tricalcium Phosphate.

ACTUAL SIZE

Waterex™

Supplement Facts

Serving Size One Capsule
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg	1471%
Magnesium (as Magnesium Oxide)	25 mg	6%
Cornsilk (*Zea mays*) Powder	6.25 mg	*
Fennel (*Foeniculum vulgare*) Seed Powder	6.25 mg	*
Garlic (*Allium sativum*) Bulb Powder	6.25 mg	*
Horsetail (*Equisetum arvense*) Stem Powder	6.25 mg	*
Parsley (*Petroselinum crispum*) Leaf Powder	6.25 mg	*
Uva Ursi (*Arctostaphylos uva-ursi*) Leaf Extract	6.25 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Potassium Chloride and Less than 2%: Calcium Silicate, Cellulose, Magnesium Stearate Vegetable Source, Maltodextrin, Silicon Dioxide, Sodium Lauryl Sulfate.
CONTAINS: Wheat.

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 (CLA)	2000 mg	*

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

OTHER INGREDIENTS: Safflower Seed Oil, Gelatin (Bovine), Glycerin, Purified Water.
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.

ACTUAL SIZE

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. 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.
No Milk.
This product contains 180 mg of caffeine.

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MegaNatural® and its logo are trademarks of Constellation Brands.

OUR QUALITY COMMITMENT TO YOU
Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your 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