

# Ignite your weight management plan.

Rev your metabolism, support lean muscle and satisfy your hunger\*

- Features a thermogenic blend clinically proven to burn 3X more calories<sup>^\*</sup>
- 30 grams of 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
- Fortified 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.

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



**GNC**  
TOTAL LEAN®

# LEAN SHAKE™ Burn

DIETARY SUPPLEMENT

|                               |                              |                           |                                 |
|-------------------------------|------------------------------|---------------------------|---------------------------------|
| <b>CALORIES</b><br><b>170</b> | <b>PROTEIN</b><br><b>30G</b> | <b>FIBER</b><br><b>6G</b> | <b>CAFFEINE</b><br><b>200MG</b> |
|-------------------------------|------------------------------|---------------------------|---------------------------------|

High-protein meal replacement  
Proven to ignite calorie burn<sup>^\*</sup>



**CHOCOLATE FUDGE**  
NATURAL & ARTIFICIAL FLAVORS

NET WT. 26.75 OZ. (1.67 LB.) 758.4 G • 16 SERVINGS

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CODE 369679

**DIRECTIONS:** As a dietary supplement, add two scoops (47.4 g) to 8 fl. oz. of cold water, mix well and enjoy 30 minutes prior to exercise. Do not take before bedtime.

JYG

## Supplement Facts

Serving Size Two Scoops (47.4 g)  
Servings Per Container 16

| Amount Per Serving                                 | % Daily Value   | Amount Per Serving  | % Daily Value |
|--|-----------------|---|---------------|
| Calories   | 170             | Magnesium   | 100 mg 24%    |
| Total Fat  | 1 g 1%†         | (as Dimagnesium Phosphate & Magnesium Oxide)  |               |
| Saturated Fat                                      | 0.5 g 3%†       | Zinc (as Zinc Oxide)  | 3.75 mg 34%   |
| Cholesterol  | 10 mg 3%        | Selenium (as Sodium Selenite)   | 17.5 mcg 32%  |
| Total Carbohydrate                                 | 11 g 4%†        | Copper (as Copper Citrate)  | 0.5 mg 56%    |
| Dietary Fiber                                      | 6 g 21%†        | Manganese (as Manganese Sulfate)  | 0.5 mg 22%    |
| Total Sugars                                       | 1 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 (as Sodium Chloride)   | 160 mg 7%     |
| Vitamin A (as Vitamin A Acetate)                   | 375 mcg RAE 42% | Potassium (as Dipotassium Phosphate)  | 520 mg 11%    |
| Vitamin C (as Sodium Ascorbate)                    | 15 mg 17%       | L-Carnitine (as L-Carnitine L-Tartrate)   | 250 mg *      |
| Vitamin D (as Cholecalciferol)                     | 2.5 mcg 13%     | Caffeine (as Caffeine Anhydrous)  | 200 mg *      |
| Vitamin E (as dl-alpha Tocopheryl Acetate)         | 7.5 mg 50%      | BioCore® Edge   | 100 mg *      |
| Thiamin (as Thiamin Hydrochloride)                 | 0.38 mg 32%     | Peptidase (from <i>Aspergillus oryzae</i> )   |               |
| Riboflavin   | 0.43 mg 33%     | Proteases (from <i>Aspergillus oryzae</i> , <i>Aspergillus niger</i> and <i>Aspergillus melleus</i> ) |               |
| Niacin (as Niacinamide)                            | 20 mg 125%      | Sicilian Blood Orange   | 50 mg         |
| Vitamin B-6 (as Pyridoxine Hydrochloride)          | 0.5 mg 29%      | ( <i>Citrus sinensis</i> var <i>Moro</i> ) Fruit & Peel Extract                                       |               |
| Folate   | 170 mcg DFE 43% | (100 mcg Folic Acid)  |               |
| Vitamin B-12 (as Cyanocobalamin)                   | 1.5 mcg 63%     | Cayenne ( <i>Capsicum annuum</i> L. <i>annuum</i> )   | 33.34 mg *    |
| Biotin   | 75 mcg 250%     | Fruit Extract   |               |
| Pantothenic Acid (as Calcium d-Pantothenate)       | 2.5 mg 50%      | Piperine (from Black Pepper [ <i>Piper nigrum</i> ])  | 5 mg *        |
| Calcium (as Calcium Carbonate)                     | 250 mg 19%      | Fruit Extract   |               |
| Phosphorus   | 250 mg 20%      | Lutein (from Marigold [ <i>Tagetes erecta</i> ])  | 1 mg *        |
| (as Dimagnesium Phosphate & Dipotassium Phosphate) |                 | Flower Extract  |               |
| Iodine (as Potassium Iodide)                       | 37.5 mcg 25%    |   |               |

**OTHER INGREDIENTS:** Whey Protein Isolate, Partially Hydrolyzed Guar Gum, Cocoa Powder (Processed with Alkali), Natural & Artificial Flavors, Cellulose Gum. Contains Less than 1%: Acesulfame Potassium, Caramel Color, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Hydroxypropyl Methylcellulose, Maltodextrin, Shellac, Soy Lecithin, Starch, Sucralose, Sugar, Tocopherols (Preservative).

**CONTAINS:** Milk, Soy and Wheat.

**Distributed by:** GNC Holdings, LLC  
Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

**WARNING:** Cancer and Reproductive Harm - [www.P65Warnings.ca.gov](http://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](http://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.

Cayenne Fruit Extract as Capsimax®, Lutein Flower Extract as Lutemax®, Capsimax® and Lutemax® 2022 are trademarks of OmniActive Health Technologies.

Partially Hydrolyzed Guar Gum as Sunfiber®, Sunfiber® is a registered trademark of Taiyo International, Inc. Use of Sunfiber® is protected by US Trademark Registration No. 2,930,937.

Peptidase and Proteases as BioCore® Edge. BioCore® is a registered trademark of Deerland Probiotics & Enzymes, Inc.