

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^{^*}
- 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



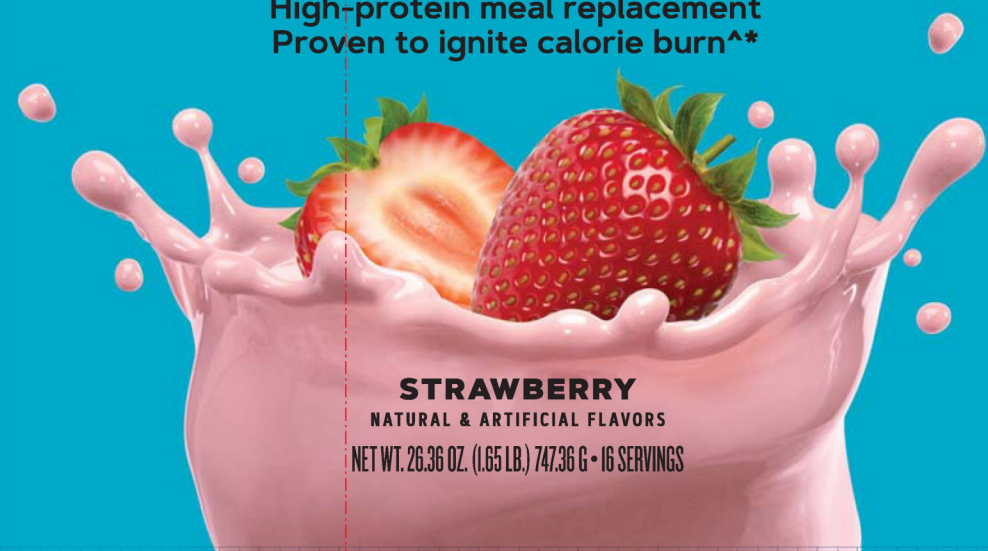
GNC
TOTAL LEAN®

LEAN SHAKE™ Burn

DIETARY SUPPLEMENT



High-protein meal replacement
Proven to ignite calorie burn^{^*}



STRAWBERRY
NATURAL & ARTIFICIAL FLAVORS
NET WT. 26.36 OZ. (1.65 LB.) 747.36 G • 16 SERVINGS

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

CODE 369697

DIRECTIONS: As a dietary supplement, add two scoops (46.71 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 (46.71 g) Servings Per Container 16			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	170	Iodine (as Potassium Iodide)	37.5 mcg 25%
Total Fat	0.5 g 1%†	Magnesium	100 mg 24%
Cholesterol	10 mg 3%	(as Dimagnesium Phosphate & Magnesium Oxide)	
Total Carbohydrate	11 g 4%†	Zinc (as Zinc Oxide)	3.75 mg 34%
Dietary Fiber	5 g 18%†	Selenium (as Sodium Selenite)	17.5 mcg 32%
Total Sugars	2 g *	Copper (as Copper Citrate)	0.5 mg 56%
Includes <1 g Added Sugars	<2%†	Manganese (as Manganese Sulfate)	0.5 mg 22%
Protein	30 g 60%†	Chromium (as Chromium Chloride)	30 mcg 86%
Vitamin A (as Vitamin A Acetate)	375 mcg RAE 42%	Molybdenum (as Sodium Molybdate)	18.75 mcg 42%
Vitamin C (as Sodium Ascorbate)	15 mg 17%	Sodium	160 mg 7%
Vitamin D (as Cholecalciferol)	2.5 mcg 13%	Potassium (as Dipotassium Phosphate)	420 mg 9%
Vitamin E (as dl-alpha Tocopheryl Acetate)	7.5 mg 50%	L-Carnitine (as L-Carnitine L-Tartrate)	250 mg *
Thiamin (as Thiamin Hydrochloride)	0.375 mg 31%	Caffeine (as Caffeine Anhydrous)	200 mg *
Riboflavin	0.43 mg 33%	BioCore® Edge	100 mg *
Niacin (as Niacinamide)	20 mg 125%	Peptidase (from <i>Aspergillus oryzae</i>)	
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.5 mg 29%	Proteases (from <i>Aspergillus oryzae</i> , <i>Aspergillus niger</i> and <i>Aspergillus melleus</i>)	
Folate	170 mcg DFE 43%	Sicilian Blood Orange	50 mg *
(100 mcg Folic Acid)		(<i>Citrus sinensis</i> var <i>Moro</i>) Fruit & Peel Extract	
Vitamin B-12 (as Cyanocobalamin)	1.5 mcg 63%	Cayenne (<i>Capiscum annum L. annum</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>] Flower Extract)	1 mg *
(as Dimagnesium Phosphate & Dipotassium Phosphate)			

OTHER INGREDIENTS: Instant Whey Protein Isolate, Partially Hydrolyzed Guar Gum, Natural & Artificial Flavors, Cellulose Gum, Strawberry Fruit Powder and Less than 1%: Acesulfame Potassium, Citric Acid, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Hydroxypropyl Methylcellulose, Maltodextrin, Red Beet Powder (Maltodextrin, Beet Juice, Citric Acid) (Color), Shellac, Silicon Dioxide, Soy (Lecithin and Oil) Blend, 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. 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. 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.