

GNC Total Lean™ Live Lean & Fit Pak is a complete Vitapak® Program designed with clinically researched ingredients to help you achieve and maintain the healthy body you want. These premium ingredients help by boosting energy and supporting metabolism.\* The GNC Total Lean™ Live Lean & Fit Pak offers you an easy solution to fuel the results you're striving toward.

Four separate components work together to boost your metabolism, ignite your energy, help regulate water balance and promote positive mood support.\*

**Multivitamin:**  
A premium time-released, clinically studied formula that includes vitamins, minerals and key nutrients that may be missing from your diet. This formula provides an array of ingredients that are required for energy, carbohydrate, fat and protein metabolism.\*

**Appetrex Control™:**  
Appetrex Control™ is a clinically studied formula shown to help control your appetite and reduce your calorie intake by nearly 10%\* when you need it most!† This scientific formula features energizing herbs like yerba mate and black tea, with EGCG which helps to support your metabolism.\*

**Waterex™:**  
Waterex™ is an all natural formula enhanced with vital electrolytes to help regulate water balance in the body.\*

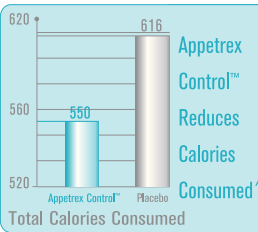
**Balanced Mood Support:**  
This blend features an exclusive blend of natural herbs to provide positive mood support.\* Each pack contains 100mg of the popular ingredient rhodiola rosea and 50mg of L-theanine to help promote a sense of relaxation.\*

\*In a clinical study of 30 healthy adults (who took Appetrex Control™ one week followed by a placebo one week apart, or vice versa) food intake was reduced by nearly 10% when the subjects took Appetrex Control™ versus the placebo prior to their first meal at the start of their diet.

†In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blend in this product for six weeks experienced statistically significant improvements in markers of B vitamin and antioxidant status, as well as improvements in SF-36 Vitality and Mental Health scores compared to those taking a placebo.

**GNC QUALITY COMMITMENT**  
For more than 77 years, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

**GNC GUARANTEE**  
If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.



# LIVE LEAN & FIT PAK

DIETARY SUPPLEMENT

- Boosts energy, metabolism and reduces calorie intake by 10% ^\*
- Clinically studied multivitamin to fuel your active lifestyle†\*
- Exclusive herbal blend designed to regulate water balance\*
- Enhanced formula includes stress defense nutrients and promotes positive mood support\*



30 PAKS



CODE 519811

COG

**Directions:** As a dietary supplement, take the contents of one pak daily.

**Each pak contains:**

**Multivitamin**

## Supplement Facts

| Serving Size Two Pearlescent Beige Tablets               |         |               |
|----------------------------------------------------------|---------|---------------|
| Amount Per Serving                                       |         | % Daily Value |
| Vitamin A (50% as beta-Carotene; 50% as Retinyl Acetate) | 5000 IU | 100%          |
| Vitamin C (as Ascorbic Acid & Calcium Ascorbate)         | 200 mg  | 333%          |
| Vitamin D (as Cholecalciferol)                           | 1600 IU | 400%          |
| Vitamin E (as d-alpha Tocopheryl Acetate)                | 30 IU   | 100%          |
| Vitamin K (as Phytanadione)                              | 80 mcg  | 100%          |
| Thiamin (Vitamin B-1 as Thiamin Mononitrate)             | 50 mg   | 3333%         |
| Riboflavin (Vitamin B-2)                                 | 50 mg   | 2941%         |
| Niacin (as Niacinamide & Niacin)                         | 50 mg   | 250%          |
| Vitamin B-6 (as Pyridoxine Hydrochloride)                | 50 mg   | 2500%         |
| Folic Acid                                               | 400 mcg | 100%          |
| Vitamin B-12 (as Cyanocobalamin)                         | 50 mcg  | 833%          |
| Biotin                                                   | 300 mcg | 100%          |
| Pantothenic Acid (as Calcium d-Pantothenate)             | 50 mg   | 500%          |
| Calcium (as Calcium Carbonate)                           | 500 mg  | 50%           |
| Magnesium (as Magnesium Oxide)                           | 100 mg  | 25%           |
| Zinc (as Zinc Oxide)                                     | 15 mg   | 100%          |
| Selenium (as L-Selenomethionine)                         | 200 mcg | 286%          |
| Copper (as Cupric Oxide)                                 | 2 mg    | 100%          |
| Manganese (as Manganese Sulfate)                         | 2 mg    | 100%          |
| Chromium (as Hydrolyzed Protein Chelate)                 | 120 mcg | 100%          |
| Molybdenum (as Sodium Molybdate)                         | 75 mcg  | 100%          |

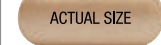
|                                                       |         |   |
|-------------------------------------------------------|---------|---|
| Green Tea Leaves Extract ( <i>Camellia sinensis</i> ) | 40 mg   | * |
| alpha-Lipoic Acid                                     | 25 mg   | * |
| Choline (as Choline Bitartrate)                       | 10 mg   | * |
| Inositol                                              | 10 mg   | * |
| Silica                                                | 4 mg    | * |
| Boron (as Hydrolyzed Protein Chelate)                 | 2 mg    | * |
| Lycopene                                              | 950 mcg | * |
| Lutein                                                | 950 mcg | * |
| Zeaxanthin                                            | 190 mcg | * |
| Astaxanthin                                           | 50 mcg  | * |
| Vanadium (as Sodium Metavanadate)                     | 10 mcg  | * |

\* Daily Value not established.

**Other Ingredients:** Cellulose, Mica, Caramel Color, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides, Natural Mint Flavor, Sucralose.

**CONTAINS: Fish and Soybeans.**

Conforms to USP <2091> for weight.



**WARNING:** 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.

**WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.**

Lutemax 2020™ is a trademark of OmniActive Health Technologies.

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

**For More Information:**  
1-888-462-2548

**SHOP NOW @ GNC.COM**

**Distributed by:**  
General Nutrition Corporation  
Pittsburgh, PA 15222

\* 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.

Appetrex Control™

## Supplement Facts

Serving Size Two Beige Tablets

| Amount Per Serving                                                                                                                                    |          | % Daily Value |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------------|
| Thiamin (Vitamin B-1 as Thiamin Mononitrate)                                                                                                          | 1.5 mg   | 100%          |
| Riboflavin (Vitamin B-2)                                                                                                                              | 1.7 mg   | 100%          |
| Niacin                                                                                                                                                | 20 mg    | 100%          |
| Vitamin B-6 (as Pyridoxine Hydrochloride)                                                                                                             | 2 mg     | 100%          |
| Chromium (as Hydrolyzed Protein Chelate)                                                                                                              | 120 mcg  | 100%          |
| Proprietary Herbal Blend†                                                                                                                             | 522.5 mg | *             |
| Black Tea Leaves Extract ( <i>Camellia sinensis</i> ), Green Tea Leaves Extract ( <i>Camellia sinensis</i> ) (9.6% EGCG = 50 mg), Coffee Bean Extract |          |               |
| Yerba Mate Extract ( <i>Ilex paraguariensis</i> )‡                                                                                                    | 500 mg   | *             |
| Grape Skin Extract ( <i>Vitis vinifera</i> )                                                                                                          | 210 mg   | *             |
| Chrysin                                                                                                                                               | 200 mg   | *             |
| Ginger Root Extract ( <i>Zingiber officinale</i> )                                                                                                    | 200 mg   | *             |
| Grape Seed Extract ( <i>Vitis vinifera</i> )                                                                                                          | 125 mg   | *             |
| Dill Weed Extract ( <i>Anethum graveolens</i> )                                                                                                       | 5 mg     | *             |

\* Daily Value not established.

† Provides 180 mg of caffeine.

**Waterex™**

## Supplement Facts

Serving Size One Gray Capsule

| Amount Per Serving                                                                                                                                                                                                                                                                                                                                                                                                                               |       | % Daily Value |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------------|
| Vitamin B-6 (as Pyridoxine Hydrochloride)                                                                                                                                                                                                                                                                                                                                                                                                        | 25 mg | 1250%         |
| Magnesium (as Magnesium Oxide)                                                                                                                                                                                                                                                                                                                                                                                                                   | 25 mg | 6%            |
| Potassium (as Potassium Chloride)                                                                                                                                                                                                                                                                                                                                                                                                                | 25 mg | 1%            |
| Proprietary Blend                                                                                                                                                                                                                                                                                                                                                                                                                                | 50 mg | *             |
| Garlic Clove ( <i>Allium sativum</i> ), Parsley Herb Powder ( <i>Petroselinum crispum</i> ), Uva Ursi Extract 3:1 ( <i>Arctostaphylos uva ursi</i> ), Elderberry Fruit ( <i>Sambucus nigra</i> ), Horsetail Rush Stems ( <i>Equisetum arvense</i> ), Fennel Seed ( <i>Foeniculum vulgare</i> ), Corn Silk ( <i>Zea mays</i> ), Hydrangea Root Powder ( <i>Hydrangea arborescens</i> ), Juniper Berries Extract 2:1 ( <i>Juniperus communis</i> ) |       |               |

\* Daily Value not established.

**Balanced Mood Support**

## Supplement Facts

Serving Size One Tan Capsule

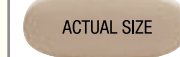
| Amount Per Serving                                  |        | % Daily Value |
|-----------------------------------------------------|--------|---------------|
| Iron (as Hydrolyzed Protein Chelate)                | 6 mg   | 33%           |
| Passion Flower Herb ( <i>Passiflora incarnata</i> ) | 100 mg | *             |
| Rhodiola rosea Root Extract                         | 100 mg | *             |
| Vitaberry Plus™                                     | 75 mg  | *             |
| L-Theanine                                          | 50 mg  | *             |

\* Daily Value not established.

**Other Ingredients:** Dicalcium Phosphate, Cellulose, Polyethylene Glycol, Vegetable Acetoglycerides, Titanium Dioxide (Natural Mineral Whitener), Caramel Color, Ethyl Vanillin.

Conforms to USP <2091> for weight.

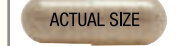
Meets USP <2040> disintegration.



**Other Ingredients:** Cellulose, Gelatin.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.



**Other Ingredients:** Cellulose, Gelatin.

Potency verified by GNC procedure #4000.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

