

GNC | TOTAL LEAN™

NEW

A SIMPLE PLAN FOR LIVING LEAN

Add these great Total Lean™ products to enhance your nutrition program.

CLEANSING & REJUVENATION

3-Day Juice Cleanse

BALANCED NUTRITION

Lean Shake™ Burn • Lean Bar • Lean Shake™ RTD

ESSENTIAL NUTRIENTS

Live Lean & Fit Vape® • A Premium GNC Multivitamin

METABOLISM SUPPORT

Premium CLA Complex • L-Carnitine Complex

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BioCore® Edge is a trademark of National Enzyme Company.

*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

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



LEAN SHAKE™ BURN

High-Energy, Calorie-Burning Whey Protein

DIETARY SUPPLEMENT

- Clinically proven to burn 3X more calories for fast, energizing results**
- Delivers 30g of high-quality whey isolate to fuel lean muscle*
- Low carb friendly

GLUTEN FREE

Chocolate Fudge

Natural & Artificial Flavors



NET WT 26.72 oz (1.67 lb) 757.6 g

AMAZING
TASTE

CODE 364308

DIRECTIONS: As a dietary supplement, add two scoops (47.35 grams) to 8 fl. oz. of cold water, mix well, and enjoy 30 minutes prior to exercise. For more detailed usage instructions, see side panel.

Supplement Facts

Serving Size Two Scoops (47.35 g)
Servings Per Container 16

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 170		Magnesium (as Magnesium Phosphate & Magnesium Oxide) 100 mg	25%
Calories from Fat 10		Zinc (as Zinc Oxide) 3.75 mg	25%
Total Fat 1 g	2%†	Selenium (as Sodium Selenite) 17.5 mcg	25%
Saturated Fat 0.5 g	3%	Copper (as Copper Citrate) 0.5 mg	25%
Cholesterol < 5 mg	0%	Manganese (as Manganese Sulfate) 0.5 mg	25%
Total Carbohydrates 11 g	4%†	Chromium (as Chromium Chloride) 30 mcg	25%
Dietary Fiber 6 g	24%†	Molybdenum (as Sodium Molybdate) 16.75 mcg	25%
Soluble Fiber 5 g	*	Sodium (as Sodium Chloride) 160 mg	7%
Sugars 1 g	*	Potassium (as dPotassium Phosphate) 520 mg	15%
Protein 30 g	*		
Vitamin A (as Vitamin A Acetate) 1250 IU	25%	Lean Muscle Recovery Blend	
Vitamin C (as Sodium Ascorbate) 15 mg	25%	L-Carnitine (as L-Carnitine L-Tartrate) 250 mg	*
Vitamin D (as Cholecalciferol D-3) 100 IU	25%	BioCore® Edge (as L-Carnitine L-Tartrate) 100 mg	*
Vitamin E 7.5 IU	25%	Sicilian Blood Orange Fruit & Peel Extract (Citrus sinensis) 50 mg	*
(as d-alpha Tocopheryl Acetate) 0.375 mg	25%	Lutemax 2020™ Lutein 1 mg	*
Thiamine (as Thiamine Hydrochloride) 0.43 mg	25%	High-Energy Thermogenic Blend	
Riboflavin 0.43 mg	25%	Caffeine (as Caffeine Anhydrous) 200 mg	*
Niacin (as Nicotinamide) 20 mg	100%	Capsimax™ Fruit Extract 33.34 mg	*
Vitamin B-6 (as Pyridoxine Hydrochloride) 0.5 mg	25%	(Capsicum annuum) 5 mg	*
Folic Acid 100 mcg	25%	(Piper nigrum/Standardized for Black Pepper)	
Vitamin B-12 (as Cyanocobalamin) 1.5 mcg	25%		
Biotin 75 mcg	25%		
Pantothenic Acid (as Calcium d-Pantothenate) 2.5 mg	25%		
Calcium (as Calcium Carbonate) 250 mg	25%		
Phosphorus (as dMagnesium & dPotassium Phosphate) 250 mg	25%		
Iodine (as Potassium Iodide) 37.5 mcg	25%		

OTHER INGREDIENTS: Whey Protein Isolate, Sunfiber® Partially Hydrolyzed Guar Gum, Cocoa Powder, Natural & Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Acesulfame Potassium, Sucralose.

CONTAINS: Milk and Soybeans.

SHAKE THINGS UP!

Try mixing a serving of Lean Shake™ Burn into your other favorite foods for additional variety!

- Greek Yogurt
- Oatmeal
- Smoothies
- Almond Milk

Also, visit GNC.com/TotalLean for additional recipe ideas, and share your favorites on Social Media using #GNCTotalLean.

Lean Shake™ Burn – Losing Never Felt This Good!™

Lean Shake™ Burn is a delicious protein clinically proven to burn 3X more calories and supercharge your metabolism for fast, energizing results!™ This advanced formulation features 30 grams of ultra-pure whey protein isolate for lean muscle performance & recovery, and is suitable for low carb diets with just 11 grams of total carbohydrates per serving.* In addition, Lean Shake™ Burn is scientifically formulated to deliver an invigorating rush of energy that stimulates your mind & body to jumpstart your day and fuel fat-burning workouts.* Combining Lean Shake™ Burn with the Total Lean Meal & Exercise Plan can revitalize your weight management efforts and put you on track to working toward a toned & defined physique!

DIRECTIONS FOR USE	
First Time Users	As individual tolerances may vary, you may begin by taking 1 scoop mixed in 4 fl. oz. of cold water for 3-7 days, and then increase to the suggested 2 scoop dose once your level of comfort has been assessed.
For Maximum Results	Add two scoops (47.35 g) to 8 fl. oz. of cold water, mix well, and enjoy 30 minutes prior to exercise. Do not take near bedtime.



ARE YOU UP FOR THE CHALLENGE?

Visit GNC.com/TLC to join and for more information.

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.

NOTICE: Significant product settling may occur.