

GNC | TOTAL LEAN™

NEW

Calories: **170** | Protein: **30g** | Net Carbs: **6g** | Fiber: **5g** | Sugar: **1g**

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.

A SIMPLE PLAN FOR LIVING LEAN

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

CLEANSING & REJUVENATION

2-Day Juice Cleanse

BALANCED NUTRITION

Lean (Shake)™ Burn • Lean Bar • Lean Shake™ 25 RTD

ESSENTIAL NUTRIENTS

Live Lean & Fit Vitapak™ • A Premium GNC Multivitamin

METABOLISM SUPPORT

Premium CLA Complex • L-Carnitine Complex

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Sunfiber® is a registered trademark of Taisei International, Inc. Use of Sunfiber® is protected by US Trademark Registration No. 2,830,937.

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

Cookies & Cream

Made with Real Cookie Pieces

Natural & Artificial Flavors



NET WT 26.24 oz (1.64 lb) 744 g

AMAZING
TASTE

CODE 364310

DIRECTIONS: As a dietary supplement, add two scoops (46.5 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 (46.5 g)
Servings Per Container 16

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	170	Magnesium	100 mg 25%
Calories from Fat	10	(as Magnesium Phosphate & Magnesium Oxide)	
Total Fat	1 g 2%†	Zinc (as Zinc Oxide)	3.75 mg 25%
Cholesterol	5 mg 2%	Selenium (as Sodium Selenite)	17.5 mcg 25%
Total Carbohydrates	11 g 4%†	Copper (as Copper Citrate)	0.5 mg 25%
Dietary Fiber	5 g 20%†	Manganese	0.5 mg 25%
Soluble Fiber	5 g *	(as Manganese Sulfate)	
Sugars	1 g *	Chromium	30 mcg 25%
Protein	30 g	(as Chromium Chloride)	
Vitamin A (as Vitamin A Acetate)	1250 IU 25%	Molybdenum	18.75 mcg 25%
Vitamin C (as Sodium Ascorbate)	15 mg 25%	(as Sodium Molybdate)	
Vitamin D (as Cholecalciferol D-3)	100 IU 25%	Sodium (as Sodium Chloride)	150 mg 6%
Vitamin E (as dl-alpha Tocopheryl Acetate)	7.5 IU 25%	Potassium	420 mg 12%
Thiamin	0.375 mg 25%	(as dPotassium Phosphate)	
(as Thiamin Hydrochloride)			
Riboflavin	0.43 mg 25%	Lean Muscle Recovery Blend	
Niacin (as Nicotinamide)	20 mg 100%	L-Carnitine	250 mg *
Vitamin B-6	0.5 mg 25%	(as L-Carnitine L-Tartrate)	
(as Pyridoxine Hydrochloride)		BioCore® Edge	100 mg *
Folic Acid	100 mcg 25%	Sicilian Blood Orange Fruit & Peel Extract (Citrus sinensis)	50 mg *
Vitamin B-12 (as Cyanocobalamin)	1.5 mcg 25%	Lutemax 2020™ Lutelin	1 mg *
Biotin	75 mcg 25%	High-Energy Thermogenic Blend	
Pantothenic Acid	2.5 mg 25%	Caffeine	200 mg *
(as Calcium d-Pantothenate)		(as Caffeine Anhydrous)	
Calcium (as Calcium Carbonate)	250 mg 25%	Capimax™	33.34 mg *
Phosphorus	250 mg 25%	Fruit Extract (Capsicum annuum)	
(as dMagnesium & dPotassium Phosphate)		Piperine	5 mg *
Iodine (as Potassium Iodide)	37.5 mcg 25%	(Piper nigrum)(Standardized for Black Pepper)	

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

OTHER INGREDIENTS: Whey Protein Isolate, Sunfiber® Partially Hydrolyzed Guar Gum, Natural & Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Chocolate Cookie Pieces (Rice Flour, Sugar, Tapioca Starch, Cocoa Processed with Alkali, Palm Oil, Corn Starch, Salt, Natural Flavors, Sodium Bicarbonate, Soy Lecithin), Lecithin, Acesulfame Potassium, Sucralose. CONTAINS: Milk and Soybeans.

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 to 4 fl. oz. of cold water for 5-7 days, and then increase to the suggested 2 scoop dose once your level of comfort has been increased.

For Maximum Results Add two scoops (46.5 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.