

GNC

TOTAL LEAN™
ADVANCED

TOTAL LEAN™ ADVANCED

GNC Total Lean™ Advanced is the next level of weight-loss innovations designed for those who strive for muscle tone and definition and are looking for a new phase in their performance and weight management journey.* These science-based diet and fitness solutions feature higher potency, fast-acting formulations to deliver the targeted results you want by stimulating energy and fueling lean muscle, fat metabolism and calorie burning.* For personalized stacking suggestions designed to help you maximize results, and to learn more about GNC Total Lean™ Advanced, see the enclosed overview and visit GNC.com/TotalLeanAdvanced today.

Capimax™ and Lutemax 2020™ are trademarks of OmniActive Health Technologies.

Sunfiber™ is a registered trademark of Taka International, Inc. Use of Sunfiber is protected by US Trademark Registration No. 2,930,937.

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

DIETARY SUPPLEMENT

HIGH-ENERGY, CALORIE-BURNING
WHEY PROTEINBALANCED
NUTRITION
HIGH-ENERGY
THERMOGENIC3X MORE
BURN
CLINICALLY PROVEN
TO BURN 3 TIMES
MORE CALORIES!†30G HIGH
QUALITY
PROTEIN
FOR LEAN
MUSCLE*CHOCOLATE FUDGE
Natural & Artificial Flavors

GLUTEN FREE

NET WT 26.72 OZ (1.67 lb) 757.6 g

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

CODE 364309

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 additional appetite support, add GNC Total Lean™ Advanced Control & Reduce directly to your shake for high-fiber, clinically proven support. For more detailed usage instructions, see side panel.

GNC

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 diMagnesium 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)	90 mcg 25%
Dietary Fiber 6 g 24%†		Molybdenum (as Sodium Molybdate)	18.75 mcg 25%
Soluble Fiber 5 g *		Sodium (as Sodium Chloride)	160 mg 7%
Sugars 1 g *		Potassium (as diPotassium 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	100 mg *
Vitamin E (as dl-alpha Tocopheryl Acetate)	7.5 IU 25%	Sicilian Blood Orange Fruit & Peel Extract (Citrus sinensis)	50 mg *
Thiamin (as Thiamin Hydrochloride)	0.375 mg 25%	Lutemax 2020™ Lutein	1 mg *
Riboflavin	0.43 mg 25%	High-Energy Thermogenic Blend	
Niacin (as Niacinamide)	20 mg 100%	Caffeine (as Caffeine Anhydrous)	200 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.5 mg 25%	Capimax™ Fruit Extract (Capsicum annuum)	33.34 mg *
Folic Acid	100 mcg 25%	Piperine (Piper nigrum)(from Black Pepper Extract)	5 mg *
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 diMagnesium & diPotassium Phosphate)	250 mg 25%		
Iodine (as Potassium Iodide)	37.5 mcg 25%		

OTHER INGREDIENTS: Whey Protein Isolate, Sunfiber® Partially Hydrolyzed Gaur 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
- Smoothies
- Almond Milk

Also visit GNC.com/TotalLeanAdvanced for additional recipe ideas.

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

Lean Shake™ Burn is a delicious protein with a clinically studied blend shown to burn 3X more calories and supercharge your metabolism for fast, energizing results!†† This advanced formula features 30 grams of ultra-pure whey protein isolate for lean muscle performance and recovery. With just 11 grams of total carbohydrates per serving, Lean Shake™ Burn is also suitable for low carb diets. *Scientifically formulated to deliver an invigorating rush of energy, stimulate your mind and body to jumpstart your day and fuel fat-burning workouts. * Combine Lean Shake™ Burn with the Total Lean™ Advanced Body Toning System to revitalize your weight management efforts and put you on track toward a toned and defined body. To get your own personalized meal and exercise program, visit GNC.com/TotalLeanAdvanced today!

DIRECTIONS FOR USE

As individual tolerances may vary, you may begin by taking 1 scoop mixed in 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 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 setting may occur.