

GNC

TOTAL LEAN™
ADVANCEDNEW
FLAVOR

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.

Capsimax™ and Lutemax 2020™ are trademarks of OnniaActive Health Technologies.
SunFiber® is a registered trademark of Taiyo International, Inc. Use of SunFiber® is protected by US Trademark Registration No. 7,930,937.
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
THERMOGENICVANILLA CRÈME
Natural & Artificial Flavors

**3X MORE
BURN**
CLINICALLY PROVEN
TO BURN 3 TIMES
MORE CALORIES!*

**30G HIGH
QUALITY
PROTEIN**
FOR
LEAN
MUSCLE*

GLUTEN-FREE

NET WT 26.07 OZ (1.63 lb) 739.2 g

CODE 364313

DIRECTIONS: As a dietary supplement, add two scoops (46.2 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.

Supplement Facts

Serving Size Two Scoops (46.2 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 5		Zinc (as Zinc Oxide) 3.75 mg	25%
Total Fat 0.5 g	1%†	Selenium (as Sodium Selenite) 17.5 mcg	25%
Cholesterol < 5 mg	0%	Copper (as Copper Citrate) 0.5 mg	25%
Total Carbohydrates 11 g	4%†	Manganese (as Manganese Sulfate) 0.5 mg	25%
Dietary Fiber 5 g	20%†	Chromium (as Chromium Chloride) 30 mcg	25%
Soluble Fiber 5 g	*	Molybdenum (as Sodium Molybdate) 18.75 mcg	25%
Sugars 2 g	*	Sodium 140 mg	6%
Protein 30 g		Potassium 420 mg	12%
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%	Silician 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%	Capsimax™ 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%	† Percent Daily Values are based on a 2,000 calorie diet. * Daily Value not established.	
Biotin 75 mcg	25%		
Pantothenic Acid (as Calcium d-Pantothenate) 2.5 mg	25%		
Calcium (as Calcium Carbonate) 280 mg	25%		
Phosphorus 250 mg	25%		
(as diMagnesium & diPotassium Phosphate)			
Iodine (as Potassium Iodide) 37.5 mcg	25%		

OTHER INGREDIENTS: Whey Protein Isolate, SunFiber® Partially Hydrolyzed Guar Gum, 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 formulation features 30 grams of ultra-pure whey protein isolate for lean muscle performance and 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 and body to jumpstart your day and fuel fat-burning workouts.* Combining Lean Shake™ Burn with the Total Lean™ Advanced meal and exercise plan that's right for you can revitalize your weight management efforts and put you on track toward a toned and defined physique! To get your own personalized meal and exercise program, visit GNC.com/TotalLeanAdvanced today.

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 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 (46.2 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.