

BURN CALORIES – AMAZING TASTE!

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For More Information:
1-888-882-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

GNC

**TOTAL LEAN™
ADVANCED**

NEW

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

* 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.



ENERGIZE & BURN

DIETARY SUPPLEMENT

METABOLISM ENHANCING POWDER

**HIGH ENERGY
THERMOGENIC**



FRUIT PUNCH

Natural & Artificial Flavors. Sugar Free

CLINICALLY PROVEN TO
BURN 3X
MORE CALORIES! | **FUELS FAT
METABOLISM!***
5G FIBER

CLINICALLY STUDIED

NET WT 7.79 OZ (220.8 g)

Calories: **15** | Net Carbs: **1g** | Fiber: **5g** | Sugar: **0g**

CODE 732229

DIRECTIONS: As a dietary supplement, mix one ultra-concentrated scoop (9.2 g) into 10-12 fl. oz. of cold water and enjoy for an invigorating energy and metabolic boost. On training days, take 30-45 minutes prior to exercise. On non-training days, take one serving in the morning. Do not take prior to bedtime. For maximum body-sculpting results, use in conjunction with Total Lean™ Advanced Tone & Define. For personalized stacking suggestions and to learn more, visit www.GNC.com/TotalLeanAdvanced.

APG

Supplement Facts

Serving Size One Scoop (9.2 g)	
Servings Per Container 24	
Amount Per Serving	% Daily Value
Calories	15
Total Carbohydrate	6 g 24%
Dietary Fiber	5 g 20%
Sugars	0 g
Thiamin (as Thiamin HCl)	0.15 mg 10%
Riboflavin	0.17 mg 10%
Niacin	20 mg 100%
Vitamin B-6 (as Pyridoxine HCl)	0.3 mg 10%
Vitamin B-12 (as Cyanocobalamin)	0.6 mcg 10%
Concentrated Calorie Burning Blend	
Beta-Alanine (as Carnosyn®)	250 mg

Amount Per Serving	% Daily Value
Caffeine (as Caffeine Anhydrous)	200 mg *
Choline (as Choline Bitartrate)	100 mg *
L-Carnitine (as Carnitine Tartrate)	100 mg *
Capsimax® Capsicum Fruit Extract (Capsicum annuum/fruits) Standardized for Capsaicinoids	33.34 mg *
Piperine (Piper nigrum/fruit Black Pepper Fruit Extract)	5 mg *
High Energy Mind/Body Matrix	
Green Coffee Bean Extract (40% Chlorogenic Acid = 90 mg)	200 mg *
Rhodiola Extract (Rhodiola rosea/root)	50 mg *
Schizandra Chinensis Fruit Extract (Fruit)	50 mg *

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

OTHER INGREDIENTS: Gum Arabic, Natural and Artificial Flavors, Citric Acid, Sucralose, Silica, FD&C Red #40.
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 can occur. Capsimax™ trademark belongs to OmniActive Health Technologies. Carnosyn® trademark and patents owned by Natural Alternatives International, Inc. 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. Each serving provides 200 mg of caffeine.