



**ARE YOU UP FOR
THE CHALLENGE?**

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

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

The Total Lean™ Advanced Body Toning System

For personalized stacking suggestions, meal and exercise plans,
and to learn more about the complete line of Total Lean™
Advanced products, visit www.GNC.com/TotalLeanAdvanced.

*When used in conjunction with the Total Lean™ Advanced Body
Toning System.

GNC QUALITY COMMITMENT

For more than 75 years, GNC has been the leader in the development of
superior nutritional supplements. Our products are produced using only
fresh, high-quality ingredients and are manufactured under the strictest
quality controls.

GNC GUARANTEE

If you are not 100% completely satisfied, return the unused portion of the
product with your receipt to a GNC store within 30 days. Our trained sales
staff will either refund your purchase price or, if you prefer, assist you in
finding a replacement product to help you LIVE WELL.

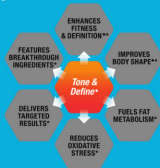


TOTAL LEAN™ ADVANCED BODY TONING SYSTEM

Start a new phase in your weight management journey with this
next-level, weight-loss innovation designed specifically for
those who strive for body tone and definition. With fat
metabolism and body sculpting at the core, this comprehensive
approach includes targeted solutions to help you transform
common weight loss challenges into results that you can see
and feel.* These research-based solutions are designed by our
weight management experts to provide you with personalized
supplement and meal plans, plus body-defining exercise
regimens. Get started now with the enclosed overview and visit
GNC.com/TotalLeanAdvanced today!

Clinically Studied Body Toning Breakthrough

Tone & Define features a breakthrough blend of clinically
studied, low-stimulant ingredients designed to fuel fat
metabolism, improve body composition, and support the lean,
toned, and defined body you want! ** Fueled by the unique
Citri-Sculpt™ Blend, a combination of clinically studied
Mediterranean citrus extracts, plus clinically researched
Meratrim®, Garcinia Cambogia and green tea extracts, Tone &
Define delivers ultra-premium, scientifically formulated diet
support. With less than 20mg of caffeine per serving, this
no-jitters tablet can be taken individually or stacked with a
high-energy thermogenic for supercharged metabolism
support!



* 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.

GNC

**TOTAL LEAN™
ADVANCED**

NEW

TONE & DEFINE

DIETARY SUPPLEMENT

BODY TONING BREAKTHROUGH

LOW STIM
DIET
SUPPORT

**ENHANCES
FITNESS
& DEFINITION™**

**IMPROVES
BODY SHAPE™
FUELS FAT
METABOLISM!**



**CLINICALLY STUDIED
60 TABLETS**

CODE 479800

IPG

DIRECTIONS: As a dietary supplement, take one tablet twice daily.
For maximum results, use for at least 12 weeks in conjunction
with a healthy diet and exercise program. To supercharge your
metabolism, use in combination with Total Lean™ Advanced
Metabolic Elite™. For personalized stacking suggestions and to
learn more, visit www.GNC.com/TotalLeanAdvanced.

Supplement Facts

Serving Size One Tablet

Amount Per Serving

Body Composition Matrix

Citri-Sculpt™ Blend Proprietary Blend	450 mg	*
(Grapefruit Extract [Citrus paradisi L.] [whole fruit], Sweet Orange Extract [Citrus sinensis L.] [whole fruit], Blood Orange Extract [Citrus sinensis L.] [whole fruit], Guarana Extract [Paulinia cupana] [seed]) (20% Flavanones = 90 mg)		
Meratrim® Proprietary Blend	400 mg	*
[Sphaeranthus indicus Extract (flower heads), Garcinia mangostana Extract (fruit rind)] (3% 7-Hydroxyflavanolide = 12 mg) (2% alpha-Mangostin = 8 mg)		

Metabolic Activation Blend

Garcinia cambogia Fruit Extract	250 mg	*
(50% Hydroxycitric Acid = 125 mg)		
EGCG (from Decaffeinated Green Tea Extract)	22.2 mg	*
(Camellia sinensis) [leaf] (Standardized to 40% EGCG = 10 mg)		

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, Croscovidone, Stearic Acid
Vegetable Source, Magnesium Stearate Vegetable Source,
Food Glaze, Medium Chain Triglycerides, Titanium Dioxide
(Natural Mineral Whitener), Mica, Artificial Colors (FD&C Blue
#2 Lake, Red #40 Lake, and Yellow #6 Lake), Natural Vanilla
Mint Flavor, Sucralose.

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.

Each serving provides 18 mg of caffeine.



MERATRIM.

Meratrim® brand proprietary blend of two
plant extracts is a registered trademark of Laila
Nutraceuticals and is exclusively licensed by InterHealth
Nutraceuticals, Benicia, CA 94510.