



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 AT 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.

In a double-blind, randomized, placebo-controlled, cross-over study,
33 male and female subjects exercised on two occasions. On one
occasion, the subjects took this blend 60 minutes before exercise
and on the other occasion, they took a placebo. When the subjects
took this blend, they burned 6 times (619%) more calories
pre-exercise, 5% more calories during exercise and over 3 times
(373%) more calories post-exercise compared to when they took
the placebo.

GNC QUALITY COMMITMENT

For more than 79 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

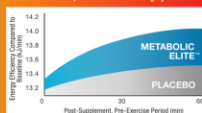
Start a new phase in your weight management
journey with this next-level, weight-loss innovation
designed specifically for those who strive for body
tone and definition. With fat metabolism and body
sculpting at the core, this comprehensive approach
includes targeted solutions to help you transform
common 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!

Burn More Calories

GNC Total Lean™ Metabolic Elite™ is our most
advanced and effective thermogenic formula
scientifically designed to increase calorie burning by
6 times to help you get the most out of your diet and
exercise regimen as you strive for definition and fat
tone.* Featuring three cutting-edge blends,
Metabolic Elite™ fuels fat metabolism while delivering
invigorating energy that you can feel for crisp focus
and mental clarity.* The result is dynamic fusion of
energy and metabolism support to help improve
exercise performance on your path to achieve your
weight goals.*

6X More Calorie Burn

*Metabolic Elite™ Improves Calorie Burning by Over 6X**



* 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.

METABOLIC ELITE™

DIETARY SUPPLEMENT

FAST-ACTING METABOLISM SUPERCHARGER

HIGH
ENERGY
THERMOGENIC

CLINICALLY PROVEN TO
BURN 6X MORE CALORIES! | **STIMULATES**
MIND & **BODY**



CLINICALLY STUDIED
60 TABLETS

CODE 489212

HPG

DIRECTIONS: As a dietary supplement, take two fast-acting
tablets 30 minutes prior to exercise. Do not take near bedtime. As
individual tolerances may vary, you may begin by taking 1
fast-acting tablet daily for 5-7 days, and then increase to the
suggested dose once your level of comfort has been assessed.
For best results, take the full suggested dose for at least 60 days
in conjunction with a healthy diet & exercise program.

Supplement Facts

Serving Size Two Fast-Acting Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Neon	20 mg 100%

Key Clinical Burn Blend

Mucuna pruriens Seed Extract (20% L-Dopa = 100 mg)	300 mg	*
Ginger Root Extract (Zingiber officinale) (5% Gingerol = 25 mg)	300 mg	*
Isosorbide mononitrate Gum Extract (90% Isosorbide = 153 mg)	255 mg	*
Caffeine Anhydrous	200 mg	*
Capsimax® Capsicum Seed Extract (Capsicum annuum)	100 mg	*
Cinnamon Bark Extract (Cinnamomum zeylanicum)(15% Polyphenols = 15 mg)	100 mg	*
Piper Jangqua Fruit Extract	2 mg	*

Botanical Rush Blend

Green Coffee Bean Extract (Coffea canephora)(40% Chlorogenic Acid = 90 mg)	200 mg	*
Wicket Plant Leaf Extract (Grass seed) & Chicory Root Extract (Cichorium intybus) Blend	100 mg	*

Mind Body Matrix

Resin Mushroom Powder (Ganoderma lucidum)	90 mg	*
Condyropsis sinensis Extract	10 mg	*

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

OTHER INGREDIENTS: Cellulose, Titanium Dioxide (Natural
Mineral Whitener), Vegetable Acetoglycerides, FD&C Blue #1
Aluminum Lake, Riboflavin (Color).

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 200 mg of caffeine.

Capsimax® Capsimax® is a trademark of Onnit® Health
Technologies.