

GNC

TOTAL LEAN™
ADVANCED

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!

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

Sunfiber® is a registered trademark of Taiyo 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 PROTEIN

BALANCED
NUTRITION
HIGH-ENERGY
THERMOGENIC



COOKIES & CREAM

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 26.24 OZ (1.64 lb) 744 g

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

CODE 364314

DIRECTIONS: As a dietary supplement, add two scoops (46.5 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.

GPG

Supplement Facts

Serving Size Two Scoops (46.5 g)
Servings Per Container 16

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 170		Magnesium 100 mg	25%
Calories from Fat 10		(as diMagnesium Phosphate & Magnesium Oxide)	
Total Fat 1 g	2%†	Zinc (as Zinc Oxide) 3.75 mg	25%
Cholesterol 5 mg	2%	Selenium (as Sodium Selenite) 17.5 mcg	25%
Total Carbohydrates 11 g	4%†	Copper (as Copper Citrate) 0.5 mg	25%
Dietary Fiber 5 g	20%†	Manganese (as Manganese Sulfate) 0.5 mg	25%
Soluble Fiber 5 g	*	Chromium (as Chromium Chloride) 30 mcg	25%
Sugars 1 g	*	Molybdenum (as Sodium Molybdate) 18.75 mcg	25%
Protein 30 g		Sodium (as Sodium Chloride) 150 mg	6%
Vitamin A (as Vitamin A Acetate) 1250 IU	25%	Potassium (as diPotassium Phosphate) 420 mg	12%
Vitamin C (as Sodium Ascorbate) 15 mg	25%		
Vitamin D (as Cholecalciferol D-3) 100 IU	25%	Lean Muscle Recovery Blend	
Vitamin E (as dl-alpha Tocopheryl Acetate) 7.5 IU	25%	L-Carnitine (as L-Carnitine L-Tartrate) 250 mg	*
Thiamin (as Thiamin Hydrochloride) 0.375 mg	25%	BioCore® Edge 100 mg	*
Riboflavin 0.43 mg	25%	Sicilian Blood Orange Fruit & Peel Extract (Citrus sinensis) 50 mg	*
Niacin (as Niacinamide) 20 mg	100%	Lutemax 2020™ Lutein 1 mg	*
Vitamin B-6 (as Pyridoxine Hydrochloride) 0.5 mg	25%	High-Energy Thermogenic Blend	
Folic Acid 100 mcg	25%	Caffeine (as Caffeine Anhydrous) 200 mg	*
Vitamin B-12 (as Cyanocobalamin) 1.5 mcg	25%	Capsimax™ Fruit Extract (Capsicum annum) 33.34 mg	*
Biotin 75 mcg	25%	Piperine (Piper nigrum)(from Black Pepper Extract) 5 mg	*
Pantothenic Acid (as Calcium d-Pantothenate) 2.5 mg	25%		
Calcium (as Calcium Carbonate) 250 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), Chocolate Cookie Pieces (Rice Flour, Sugar, Tapioca Starch, Cocoa Processed with Alkali, Palm Oil, Corn Starch, Salt, Natural Flavors, Sodium Bicarbonate, Soy Lecithin), 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

Visit GNC.com/TotalLean 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.* Stimulate your mind and body, jumpstart your day and fuel fat-burning workouts with this calorie-burning, protein complex scientifically formulated to deliver an invigorating rush of energy.* 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

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 (46.5 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.