

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.
No Artificial Colors, Sodium Free, No Wheat, Gluten Free, No Soy,
No Dairy, Yeast Free.

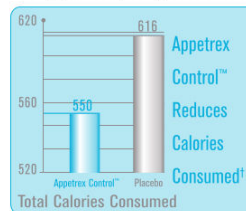
For More Information:
1-888-462-2548

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General Nutrition Corporation
Pittsburgh, PA 15222



No more excuses — GNC Total Lean™ Appetrex Control™ is clinically shown to help control your appetite and reduce calorie intake when you need it most — at the start of your diet.[†] This multi-action formula combines energizing herbs such as yerba mate extract and black tea with EGCG, a major thermogenic component of green tea that helps support metabolism.* In addition, Appetrex Control™ supplies chromium that supports your metabolism by assisting insulin and important B vitamins to help your body use glucose more efficiently and



metabolize fats, protein and carbohydrates.* B vitamins also play an essential role in energy production; low energy levels are a key concern among dieters.*

[†]In a clinical study of 30 healthy adults (who took Appetrex Control™ one week followed by a placebo one week apart, or vice versa), food intake was reduced by nearly 10% when the subjects took Appetrex Control™ versus the placebo prior to their first meal at the start of their diet.

To help you manage your weight, we've included an easy-to-follow meal and exercise plan. Created by expert nutritionists and dietitians, this two-week meal plan provides you with 1,500 calories each day and features healthy foods.

* 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.

APPETREX CONTROL™

DIETARY SUPPLEMENT

- Clinically proven to reduce calorie intake^{†*}
- Boosts energy and metabolism*



60 TABLETS

Directions: As a dietary supplement, take two tablets once daily with water 30 to 60 minutes before lunch or dinner. Do not take near bedtime.

Supplement Facts

Serving Size Two Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg 100%
Riboflavin (Vitamin B-2)	1.7 mg 100%
Niacin	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%
Chromium (as Hydrolyzed Protein Chelate)	120 mcg 100%
Proprietary Herbal Blend ‡	522.5 mg *
Black Tea Leaves Extract (<i>Camellia sinensis</i>)	
Green Tea Leaves Extract (<i>Camellia sinensis</i>) (9.6% EGCG = 50 mg)	
Coffee Bean Extract	
Yerba Mate Extract (<i>Ilex paraguariensis</i>) ‡	500 mg *
Grape Skin Extract (<i>Vitis vinifera</i>)	210 mg *
Chrysin	200 mg *
Ginger Root Extract (<i>Zingiber officinale</i>)	200 mg *
Grape Seed Extract (<i>Vitis vinifera</i>)	125 mg *
Dill Weed Extract (<i>Anethum graveolens</i>)	5 mg *
‡ Provides 180 mg of caffeine.	

* Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Cellulose, Polyethylene Glycol, Vegetable Acetoglycerides, Titanium Dioxide (Natural Mineral Whitener), Caramel Color, Ethyl Vanillin.

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. This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.



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