

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

For More Information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

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ACTUAL SIZE



GNC | TOTAL LEAN®

CLA PM

DIETARY SUPPLEMENT

- Stimulant-free, nighttime metabolism support formula that promotes restful and restorative sleep*
- Clinically researched CLA shown to improve body composition & lean muscle tone*
- Scientifically designed to fuel fat metabolism and improve your physique*

 CLINICALLY RESEARCHED

120 SOFTGELS

CODE 488311

KRG

Directions: As a dietary supplement, take four softgels at bedtime.

Supplement Facts

Serving Size Four Softgels

Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	50
Calories from Fat	40
Total Fat	4.5 g 7%†
Protein	2 g
Biotin	30 mcg 10%
Conjugated Linoleic Acid (CLA) (from Safflower Oil)	3.4 g *
Rest and Relaxation Complex	300 mg
Valerian Root Extract (<i>Valeriana officinalis</i>)	100 mg *
L-Theanine	50 mg *
Lemon Balm Leaves Extract (<i>Melissa officinalis</i>)	50 mg *

Amount Per Serving	% Daily Value
Hops Flower Extract (<i>Humulus lupulus</i>)	50 mg *
Passion Flower Herb Powder (<i>Passiflora incarnata</i>)	50 mg *
Restore and Recover Complex	79.95 mg
Gelatin	50 mg *
alpha-Lipoic Acid	10 mg *
L-Methionine	10 mg *
Silica (as Silicon Dioxide)	4 mg *
Horsetail Rush Stems Extract (<i>Equisetum arvense</i>)	3 mg *
Boron (as Hydrolyzed Protein Chelate)	2 mg *
Lutein	950 mcg *

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

Other Ingredients: Gelatin, Glycerin, Caramel Color.

CONTAINS: Soybeans.

WARNING: For adult use only. Do not use this product if you are pregnant or lactating. If you are taking medication or have a medical condition, consult a physician before using this product. Discontinue use two weeks prior to surgery.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

No Sugar, No Artificial Colors, No Artificial Flavors, No Preservatives, Sodium Free, No Wheat, Gluten Free, No Dairy, Yeast Free.

* 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.