

# GNC

## TOTAL LEAN™ ADVANCED

# LEAN SHAKE™ BURN

DIETARY SUPPLEMENT

HIGH-ENERGY, CALORIE-BURNING  
WHEY PROTEIN

**BALANCED  
NUTRITION**  
**HIGH-ENERGY  
THERMOGENIC**

**3X MORE  
BURN**  
CLINICALLY PROVEN  
TO BURN 3 TIMES  
MORE CALORIES!\*

**30G HIGH  
QUALITY  
PROTEIN**  
**FOR LEAN  
MUSCLE\***



**VANILLA CRÈME**  
Natural & Artificial Flavors



**GLUTEN FREE**  
**NET WT 1.63 OZ (46.2 g)**

CODE 364319

GPB

**DIRECTIONS:** As a dietary supplement, add one packet (46.2 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.

## Supplement Facts

Serving Size One Packet (46.2 g)

| Amount Per Serving                         | % Daily Value | Amount Per Serving                       | % Daily Value                                |
|--------------------------------------------|---------------|------------------------------------------|----------------------------------------------|
| Calories.....170                           |               | Magnesium.....100 mg.....25%             | (as diMagnesium Phosphate & Magnesium Oxide) |
| Calories from Fat.....5                    |               | Zinc (as Zinc Oxide).....3.75 mg.....25% |                                              |
| Total Fat.....0.5 g.....1%†                |               | Selenium.....17.5 mcg.....25%            | (as Sodium Selenite)                         |
| Cholesterol.....< 5 mg.....0%              |               | Copper.....0.5 mg.....25%                | (as Copper Citrate)                          |
| Total Carbohydrates.....11 g.....4%†       |               | Manganese.....0.5 mg.....25%             | (as Manganese Sulfate)                       |
| Dietary Fiber.....5 g.....20%†             |               | Chromium.....30 mcg.....25%              | (as Chromium Chloride)                       |
| Soluble Fiber.....5 g.....*                |               | Molybdenum.....18.75 mcg.....25%         | (as Sodium Molybdate)                        |
| Sugars.....2 g.....*                       |               | Sodium.....140 mg.....6%                 |                                              |
| Protein.....30 g.....                      |               | Potassium.....420 mg.....12%             | (as diPotassium Phosphate)                   |
| Vitamin A.....1250 IU.....25%              |               |                                          |                                              |
| (as Vitamin A Acetate)                     |               |                                          |                                              |
| Vitamin C.....15 mg.....25%                |               |                                          |                                              |
| (as Sodium Ascorbate)                      |               |                                          |                                              |
| Vitamin D.....100 IU.....25%               |               |                                          |                                              |
| (as Cholecalciferol D-3)                   |               |                                          |                                              |
| Vitamin E.....7.5 IU.....25%               |               |                                          |                                              |
| (as dl-alpha Tocopheryl Acetate)           |               |                                          |                                              |
| Thiamin.....0.375 mg.....25%               |               |                                          |                                              |
| (as Thiamin Hydrochloride)                 |               |                                          |                                              |
| Riboflavin.....0.43 mg.....25%             |               |                                          |                                              |
| Niacin (as Niacinamide).....20 mg.....100% |               |                                          |                                              |
| Vitamin B-6.....0.5 mg.....25%             |               |                                          |                                              |
| (as Pyridoxine Hydrochloride)              |               |                                          |                                              |
| Folic Acid.....100 mcg.....25%             |               |                                          |                                              |
| Vitamin B-12.....1.5 mcg.....25%           |               |                                          |                                              |
| (as Cyanocobalamin)                        |               |                                          |                                              |
| Biotin.....75 mcg.....25%                  |               |                                          |                                              |
| Pantothenic Acid.....2.5 mg.....25%        |               |                                          |                                              |
| (as Calcium d-Pantothenate)                |               |                                          |                                              |
| Calcium.....280 mg.....25%                 |               |                                          |                                              |
| (as Calcium Carbonate)                     |               |                                          |                                              |
| Phosphorus.....250 mg.....25%              |               |                                          |                                              |
| (as diMagnesium & diPotassium Phosphate)   |               |                                          |                                              |
| Iodine.....37.5 mcg.....25%                |               |                                          |                                              |
| (as Potassium Iodide)                      |               |                                          |                                              |

### Lean Muscle Recovery Blend

|                                        |  |
|----------------------------------------|--|
| L-Carnitine.....250 mg.....*           |  |
| (as L-Carnitine L-Tartrate)            |  |
| BioCore® Edge.....100 mg.....*         |  |
| Sicilian Blood Orange.....50 mg.....*  |  |
| Fruit & Peel Extract (Citrus sinensis) |  |
| Lutemax 2020™ Lutein.....1 mg.....*    |  |

### High-Energy Thermogenic Blend

|                                           |  |
|-------------------------------------------|--|
| Caffeine.....200 mg.....*                 |  |
| (as Caffeine Anhydrous)                   |  |
| Capsimax™ Fruit.....33.34 mg.....*        |  |
| Extract (Capsicum annuum)                 |  |
| Piperine.....5 mg.....*                   |  |
| (Piper nigrum)(from Black Pepper Extract) |  |

† Percent Daily Values are based on a 2,000 calorie diet.

\* Daily Value not established.

**OTHER INGREDIENTS:** Whey Protein Isolate, Sunfiber® Partially Hydrolyzed Guar Gum, Natural & Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Acesulfame Potassium, Sucralose.

**CONTAINS: Milk and Soybeans. 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 setting may occur.



**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

# SAVE \$5

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Total Lean™ Advanced Lean  
Shake™ BURN Powders!

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\*Not valid on packets or limited edition flavor bags.

**GNC**  
LIVE WELL



**ARE YOU UP FOR  
THE CHALLENGE?**

Visit [GNC.com/TLC](http://GNC.com/TLC) to join  
and for more information.

^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.

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