GNC Total Lean®
Burn & Define Vitapak®

GNC | TOTAL LEAN®

NEW!

CODE 210817

CSG

ADVANCED SUPPORT AS YOU STRIVE TO BURN & DEFINE.

Get a complete solution, including premium, clinically researched ingredients in just the right doses — all in a convenient pack.

MULTIVITAMIN
A premium formula that helps fill in the nutrition gaps with vitamins, minerals and key nutrients that may be missing from your diet.*

BURN 60™
This clinically researched thermogenic boosts energy and metabolism as it *increases calorie burning by up to 60%.†**

L-CARNITINE 1000
The most clinically studied form of L-Carnitine available - shown to fuel fat metabolism and reduce oxidative stress post-exercise.*

CLA
Conjugated Linoleic Acid (CLA) is a naturally occurring fatty acid that fuels fat metabolism and enhances your diet.*

WATEREX™
This all-natural, scientific formulation helps regulate excess water.*

Embrace doing all the right things to achieve a more defined look — like following the enclosed meal and exercise plan. This product provides dietary supplements to support calorie burning, fat metabolism and your regimen.†

† Participants exercised on a treadmill on two occasions. On one occasion they took this blend before exercise and on the second, they took a placebo. The amount of calories burned during the first hour post-exercise was measured and participants burned up to 60% more calories while on this blend 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.

BURN & DEFINE
VITAPAK®

Scientifically Formulated Nutrition & Weight Management Support System

ENERGY & CALORIE BURNING*
with clinically researched Burn 60™

FUELS FAT METABOLISM*
with L-Carnitine 1000 & CLA

WATER BALANCE*
with scientifically formulated Waterex™

NUTRITION BALANCE*
with an ultra-concentrated multivitamin

DIETARY SUPPLEMENT
30 PAKS

CLINICALLY RESEARCHED

Directions: As a dietary supplement, take the contents of one pak daily.
Each pak contains:

Total Lean® Multivitamin

Supplement Facts
Serving Size One Beige Caplet

Amount Per Serving		% Daily Value
Vitamin A (as Retinyl Acetate)	1050 mcg	117%
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin D (as Cholecalciferol D-3)	30 mcg	150%
Vitamin E (as d-alpha Tocopheryl Succinate)	37.19 mg	248%
Vitamin K (as Phytonadione)	80 mcg	67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.65 mg	138%
Riboflavin (Vitamin B-2)	1.87 mg	144%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3.3 mg	194%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1042%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium d-Pantothenate)	16.5 mg	330%
Choline (as Choline Bitartrate)	2.5 mg	<1%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	250 mg	19%
Phosphorus (as Dicalcium Phosphate)	15 mg	1%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	125 mg	30%
Zinc (as Zinc Oxide)	30 mg	273%
Selenium (as Sodium Selenite)	120 mcg	218%
Copper (as Cupric Oxide)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	87%
Chromium (as Hydrolyzed Protein Chelate)	200 mcg	571%
Molybdenum (as Hydrolyzed Protein Chelate)	75 mcg	167%
Chloride (as Potassium Chloride)	72 mg	3%
Potassium (as Potassium Chloride)	80 mg	2%

Amount Per Serving		% Daily Value
Amino Acid Blend	**20 mg**	*
(L-Taurine, L-Methionine, L-Glutamine, L-Carnitine)		
Eye Health Blend	**1.2 mg**	*
Lutemax® 2020 Lutein	1 mg	*
Zeaxanthin	200 mcg	*
Health & Mineral Blend	**5.3 mg**	*
Inositol	2.5 mg	*
Silica (as Silicon Dioxide)	2 mg	*
Lycopene	600 mcg	*
Boron (as Hydrolyzed Protein Chelate)	150 mcg	*
Tin (as Stannous Chloride)	10 mcg	*
Vanadium (as Vanadyl Sulfate)	10 mcg	*
Nickel (as Nickel Sulfate)	5 mcg	*

* Daily Value not established

Other Ingredients: Cellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Caramel Color, Ethyl Vanillin.
Conforms to USP <2091> for weight.

ACTUAL SIZE

L-Carnitine 1000

Supplement Facts
Serving Size One White Caplet

Amount Per Serving		
L-Carnitine (Carnipure®) (from L-Carnitine Tartrate)	1 g	*

* Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Silicon Dioxide, Vegetarian Coating.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

Burn 60™ Thermogenic Formula

Supplement Facts
Serving Size Two Red Caplets

Amount Per Serving		% Daily Value
Guarana Seed Extract (*Paullinia cupana*) (36% Caffeine = 180 mg)	495 mg	*
Black Tea Leaves Extract (*Camellia sinensis*)	272 mg	*
MegaNatural® Grape Skin & Seed Extract (*Vitis vinifera*)	210 mg	*
Ginger Root Extract (*Zingiber officinale*)	200 mg	*
MegaNatural® Gold Grape Seed Extract (*Vitis vinifera*)	125 mg	*
Dill Weed Extract (*Anethum graveolens*)	5 mg	*

* Daily Value not established.

Other Ingredients: Dextrose, Cellulose, Crospovidone, Maltodextrin, Silicon Dioxide, Calcium Silicate, Magnesium Stearate Vegetable Source, Natural Cinnamon Extract, Polyoldtol, Natural Vanilla Mint Flavor, Sucralose, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Polyethylene Glycol, Titanium Dioxide (Mineral Whitener).
Contains 180 mg of Caffeine.
Conforms to USP <2091> for weight.

ACTUAL SIZE

Waterex™

Supplement Facts
Serving Size One Capsule

Amount Per Serving		% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg	1471%
Magnesium (as Magnesium Oxide)	25 mg	6%
Potassium (as Potassium Chloride)	25 mg	1%
Proprietary Blend	**50 mg**	*
Garlic Clove Powder (*Allium sativum*)		
Parsley Herb Powder (*Petroselinum crispum*)		
Uva Ursi Leaf Extract (*Arctostaphylos uva ursi*)		
Elderberry Fruit Powder (*Sambucus nigra*)		
Horsetail Rush Stems Powder (*Equisetum arvense*)		
Fennel Seed Powder (*Foeniculum vulgare*)		
Corn Silk Powder (*Zea mays*)		
Hydrangea Root Powder (*Hydrangea arborescens*)		
Juniper Berries Extract (*Juniperus communis*)		

* Daily Value not established.

Other Ingredients: Cellulose, Gelatin, Magnesium Stearate Vegetable Source, Calcium Silicate, Silica.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

CLA

Supplement Facts
Serving Size Two Yellow Softgel Capsules

Amount Per Serving		% Daily Value
Calories	25	
Total Fat	2.5 g	3% †
CLA (Conjugated Linoleic Acid as Clarinol®) (from Safflower Oil)	2000 mg	*

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

Other Ingredients: Gelatin, Glycerin.
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.
Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

ACTUAL SIZE

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.

No Wheat, Gluten Free, No Soy, No Dairy, Yeast Free.

GLUTEN FREE

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

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1-888-462-2548

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