

ADD TO YOUR FAVORITE SHAKE!

ADD TO YOUR FAVORITE SHAKE!

ADD TO YOUR FAVORITE SHAKE!

ADD TO YOUR FAVORITE SHAKE!

For More Information:
1-888-462-2548
SHOP NOW @ GNC.COM
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

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

* 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.



G4671601

TOTAL LEAN™
ADVANCED

NEW

ENERGIZE & BURN

DIETARY SUPPLEMENT

METABOLISM ENHANCING POWDER

HIGH ENERGY
THERMOGENIC

CLINICALLY PROVEN TO
BURN 3X
MORE CALORIES!*

FUELS FAT
METABOLISM!†
5G FIBER

Add directly to your favorite shake
UNFLAVORED
No Artificial Flavors or Colors, Sugar Free

CLINICALLY STUDIED
NET WT 6 OZ (170.4 g)

Calories:	Net Carbs:	Fiber:	Sugar:
10	0g	5g	0g

CODE 732228 HPG
DIRECTIONS: As a dietary supplement, mix one ultra-concentrated scoop (7.1 g) directly into at least 10-12 fl. oz. of your favorite protein shake, meal replacement or smoothie for an invigorating energy and metabolic boost that won't affect the flavor. On training days, take 30-45 minutes prior to exercise. On non-training days, take one serving in the morning. Do not take prior to bedtime. For maximum body-sculpting results, use in conjunction with Total Lean™ Advanced Tone & Define. For personalized stacking suggestions and to learn more, visit www.GNC.com/TotalLeanAdvanced.

Supplement Facts		Amount Per Serving	% Daily Value
Serving Size One Scoop (7.1 g)			
Servings Per Container 24			
Amount Per Serving			% Daily Value
Calories		10	
Total Carbohydrate	5 g	2%†	
Dietary Fiber	5 g	20%	
Sugars	0 g	*	
Thiamin (as Thiamin HCl)	0.15 mg	10%	
Riboflavin	0.17 mg	10%	
Niacin	20 mg	100%	
Vitamin B-6 (as Pyridoxine HCl)	0.2 mg	10%	
Vitamin B-12 (as Cyanocobalamin)	0.6 mcg	10%	
Concentrated Calorie Burning Blend			
Beta-Alanine (as Carnosyn®)	250 mg	*	

Supplement Facts		Amount Per Serving	% Daily Value
Caffeine (as Caffeine Anhydrous)		200 mg	*
Choline (as Choline Bitartrate)		100 mg	*
L-Carnitine (as Carnitine Tartrate)		100 mg	*
Capsimax™ Capsicum Fruit Extract (Capsicum annuum)(fruit)(Standardized for Capsaicinoids)		33.34 mg	*
Piperine (Piper nigrum)(from Black Pepper Fruit Extract)		5 mg	*
High Energy Mind/Body Matrix			
Green Coffee Bean Extract (45% Chlorogenic Acid = 90 mg)		200 mg	*
Rhodiola Extract (Rhodiola rosea)(root)		50 mg	*
Schisandra Chinensis Fruit Extract (fruit)		50 mg	*

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

OTHER INGREDIENTS: Gum Arabic, Natural Flavor, Silica, Sucralose.
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 can occur.
Capsimax™ trademark belongs to OmniActive Health Technologies.
Carnosyn® trademark and patents owned by Natural Alternatives International, Inc.
*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.
Each serving provides 200 mg of caffeine.