

Each Daily Pill Strip Contains:

- 2 Stress Hormone Balancing Blend capsules
- 1 Probiotic & Digestive Support Blend capsule
- 1 System Detox & Metabolic Support Blend tablet

**DIRECTIONS:** As a dietary supplement, take one daily pill strip each day with food for 5 consecutive days.

Stress Hormone Balancing Blend

| Supplement Facts                       |         |
|----------------------------------------|---------|
| Serving Size Two Capsules              |         |
| Servings Per Container 5               |         |
| Amount Per Serving                     |         |
| Phosphatidylserine & Phosphatidic Acid | 400 mg* |
| * Daily Value not established.         |         |

**OTHER INGREDIENTS:** Vegetarian Capsule Shell (Hydroxypropyl Methylcellulose), Silicon Dioxide, Magnesium Stearate.

**CONTAINS:** Soybeans.

Probiotic & Digestive Support Blend

| Supplement Facts                                                                                               |                |
|----------------------------------------------------------------------------------------------------------------|----------------|
| Serving Size One White Capsule                                                                                 |                |
| Servings Per Container 5                                                                                       |                |
| Amount Per Serving                                                                                             |                |
| LAD4 Probiotics                                                                                                | 50 Billion CFU |
| Lactobacillus acidophilus (CUL 60)                                                                             |                |
| Lactobacillus acidophilus (CUL 21)                                                                             |                |
| Bifidobacterium bifidum (CUL 20)                                                                               |                |
| Bifidobacterium animalis subsp. lactis (CUL 34)                                                                |                |
| Fructooligosaccharides (FOS)                                                                                   | 150 mg         |
| Enzyme Blend                                                                                                   | 100 mg         |
| Amylase, Bromelain, Papain, Cellulase, Malt Diastase, Beta Glucanase, Hemicellulase, Lipase, Protease, Phytase |                |
| * Daily Value not established.                                                                                 |                |

**OTHER INGREDIENTS:** Vegetarian Capsule Shell (Hydroxypropyl Methylcellulose), Potato Maltodextrin, Silicon Dioxide, Magnesium Stearate, Titanium Dioxide, Carn Maltodextrin.

System Detox & Metabolic Support Blend

| Supplement Facts                                                                           |          |
|--------------------------------------------------------------------------------------------|----------|
| Serving Size One Green Tablet                                                              |          |
| Servings Per Container 5                                                                   |          |
| Amount Per Serving                                                                         |          |
| Potassium (as Potassium Chloride)                                                          | 75 mg 2% |
| Magnesium (as Magnesium Oxide)                                                             | 25 mg 6% |
| Chloride (as Potassium Chloride)                                                           | 50 mg 2% |
| N-Acetyl L-Cysteine                                                                        | 100 mg   |
| Suntheanine® L-Theanine                                                                    | 100 mg   |
| Ricorhiza Aurosa Root Extract (4% Picric Acid & 8 mg 5% Apocynin = 10 mg)                  | 200 mg   |
| Sennae                                                                                     | 100 mg   |
| Goldenseal Root Extract (Hydrastis canadensis root)                                        | 75 mg    |
| Milk Thistle Seed Extract (Silybum marianum seed) (50% Silymarin = 50 mg)                  | 100 mg   |
| Turmeric Root Extract (Curcuma longa) (Standardized to Curcuminoids)                       | 50 mg    |
| Cranberry Fruit Extract (Vaccinium macrocarpon)                                            | 25 mg    |
| EGCG (from Green Tea Extract) Camellia sinensis (leaf) standardized to 75% EGCG = 18.75 mg | 25 mg    |
| Melon Extract (Cucumis melo fruit) (Superoxide Dismutase = 140 IU)                         | 10 mg    |
| * Daily Value not established.                                                             |          |

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Dicalcium Phosphate, Hydroxypropyl Methylcellulose, Silicon Dioxide, Magnesium Stearate, Titanium Dioxide, Copper Chlorophyllin, Glycerin, Carn Maltodextrin.

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## BECOME A TOTALLY NEW YOU

Rejuvenate and replenish your weight loss program with the Total Lean™ Advanced Diet Cleanse. This comprehensive detox system targets support for 6 key areas in the body and helps you gently eliminate unwanted chemicals and toxins that can sabotage your dieting efforts. Made with probiotics, real fruits and veggies and clinically studied ingredients, these high-quality formulas provide you with essential nutrients as you strive to become a totally new you. For best results, simply take as directed for 5 consecutive days and follow the enclosed meal and exercise plan.



The Total Lean™ Advanced Diet Cleanse targets support for 6 key areas in the body unique to dieters.

GNC

TOTAL LEAN™  
ADVANCED

NEW

# DIET CLEANSE

DIETARY SUPPLEMENT

## KICK-START YOUR WEIGHT LOSS PROGRAM

CLEANSING  
AND DETOX\*  
RESET & PURIFY\*

5-DAY  
DETOX SYSTEM  
50 BILLION CFU PROBIOTICS

REDUCES  
BLOATING\*  
STRESS DEFENSE\*



- Contains:
- 10 - Purifying Complex Packets
  - 5 - Daily Pill Strips
  - Meal & Exercise Plan

GLUTEN FREE  
CLINICALLY STUDIED

CODE 732239 KPG

Fiber Rich Fruit & Veggie Purifying Complex

**DIRECTIONS:** As a dietary supplement, mix one serving (25.4 grams) in 8 fl. oz. of water and drink twice daily, once before breakfast and dinner, for 5 consecutive days. Be sure to drink 8-10 glasses (64-80 fl. oz.) of water throughout the day while using the powder.

| Supplement Facts                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| Serving Size One Packet (25.4 g)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |             |
| Servings Per Container 10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |             |
| Amount Per Serving                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |             |
| Calories                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 55          |
| Total Carbohydrate                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 22 g 7%†    |
| Dietary Fiber                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 11 g 44%†   |
| Sugars                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 5 g         |
| Protein                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <1 g        |
| Vitamin B-12 (as Cyanocobalamin)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 6 mcg 100%  |
| Pantothenic Acid (as D-Calcium Pantothenate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 10 mg 100%  |
| Magnesium (as Magnesium Oxide)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 100 mg 400% |
| Fruit & Vegetable Blend                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |
| Apple Fruit Powder (Malus domestica)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 6900 mg     |
| Zucchini Powder (Cucurbita pepo)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 2540 mg     |
| Spectra™ Total ORAC Blend of:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 100 mg      |
| Green Coffee Extract, Broccoli Sprout Powder, Green Tea Extract, Onion Extract, Apple Extract, Acerola Extract, Camu Camu Extract, Quercetin, Tomato Powder, Broccoli Powder, Acai Fruit Powder, Turmeric Root Extract, Garlic Powder, Basil Leaf Powder, Oregon Leaf Powder, Cinnamon Bark Powder, Elderberry Fruit Powder, Carrot Powder, Mangosteen Fruit Powder, Black Currant Fruit Extract, Blueberry Fruit Extract, Sweet Cherry Fruit Powder, Blackberry Fruit Powder, Chokeberry Fruit Powder, Raspberry Fruit Powder, Spinach Leaf Powder, Kale Leaf Powder, Bilberry Fruit Extract, Brussels Sprout Powder |             |
| Digestive Support Blend                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |             |
| Galactooligosaccharides                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1480 mg     |
| L-Glutamine                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 250 mg      |
| Licorice Root                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 50 mg       |
| † Percent Daily Value based on a 2,000 calorie diet.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |             |
| * Daily Value not established.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |             |

**OTHER INGREDIENTS:** Polydextrose (as Litesse®), Citric Acid, Natural Flavor, Silica, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan, Organic Stevia Leaf Extract, Beet Juice (Color).

**CONTAINS:** Milk.

**NOTICE:** Significant product settling may occur.

**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.



ARE YOU UP FOR  
THE CHALLENGE?  
Visit [GNC.com/TLO](http://GNC.com/TLO) to join  
and for more information.

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

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