

# GNC

# TOTAL LEAN™ ADVANCED

## TOTAL LEAN™ ADVANCED BODY TONING SYSTEM

Start a new phase in your weight management journey with this next-level, weight-loss innovation designed specifically for those who strive for body tone and definition. With fat metabolism and body sculpting at the core, this comprehensive approach includes targeted solutions to help you transform common weight loss challenges into results that you can see and feel. These research-based solutions are designed by our weight management experts to provide you with personalized supplement and meal plans, plus body-defining exercise regimens. Get started now with the enclosed overview and visit [GNC.com/TotalLeanAdvanced](http://GNC.com/TotalLeanAdvanced) today.

Capsimax® and Lutemax® 2020 are trademarks of OmniActive Health Technologies.

Sunfiber® is a registered trademark of Taiyo International, Inc. Use of Sunfiber® is protected by US Trademark Registration No. 2,930,937.

BioCore® Edge is a trademark of National Enzyme Company, 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.

\*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.

**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 USA



# LEAN SHAKE™ BURN

DIETARY SUPPLEMENT

## CALORIE-BURNING THERMOGENIC & WHEY PROTEIN BLEND

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



**COOKIES & CREAM**  
Natural & Artificial Flavors

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

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



Calories: **170** | Protein: **30g** | Net Carbs: **6g** | Fiber: **5g** | Sugar: **1g**

CODE 364314

DIRECTIONS: As a dietary supplement, add two scoops (46.5 grams) to 8 fl. oz. of cold water, mix well, and enjoy 30 minutes prior to exercise. For more detailed usage instructions, see side panel.

ERG

## Supplement Facts

Serving Size Two Scoops (46.5 g)  
Servings Per Container 16

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	170	Zinc (as Zinc Oxide)	3.75 mg 25%
Calories from Fat	10	Selenium (as Sodium Selenite)	17.5 mcg 25%
Total Fat	1 g 2%†	Copper (as Copper Citrate)	0.5 mg 25%
Cholesterol	10 mg 3%	Manganese (as Manganese Sulfate)	0.5 mg 25%
Total Carbohydrates	11 g 4%†	Chromium (as Chromium Chloride)	30 mcg 25%
Dietary Fiber	5 g 20%†	Molybdenum (as Sodium Molybdate)	18.75 mcg 25%
Soluble Fiber	5 g *	Sodium (as Sodium Chloride)	150 mg 6%
Sugars	1 g *	Potassium (as diPotassium Phosphate)	420 mg 12%
Protein	30 g	<b>Lean Muscle Recovery Blend</b>	
Vitamin A (as Vitamin A Acetate)	1250 IU 25%	L-Carnitine (as L-Carnitine L-Tartrate)	250 mg *
Vitamin C (as Sodium Ascorbate)	15 mg 25%	BioCore® Edge	100 mg *
Vitamin D (as Cholecalciferol D-3)	100 IU 25%	[from <i>Aspergillus oryzae</i> , <i>Aspergillus melleus</i> , <i>Aspergillus niger</i> ] and Peptidase [from <i>Aspergillus oryzae</i> ]	
Vitamin E (as dl-alpha Tocopheryl Acetate)	7.5 IU 25%	Sicilian Blood Orange Fruit & Peel Extract ( <i>Citrus sinensis</i> )	50 mg *
Thiamin (as Thiamin Hydrochloride)	0.375 mg 25%	Lutemax® 2020 Lutein	1 mg *
Riboflavin	0.43 mg 25%	<b>High-Energy Thermogenic Blend</b>	
Niacin (as Niacinamide)	20 mg 100%	Caffeine (as Caffeine Anhydrous)	200 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.5 mg 25%	Capsimax® Fruit Extract ( <i>Capsicum annuum</i> )	33.34 mg *
Folic Acid	100 mcg 25%	Piperine ( <i>Piper nigrum</i> ) (from Black Pepper Extract)	5 mg *
Vitamin B-12 (as Cyanocobalamin)	1.5 mcg 25%	† Percent Daily Values are based on a 2,000 calorie diet. * Daily Value not established	
Biotin	75 mcg 25%		
Pantothenic Acid (as Calcium d-Pantothenate)	2.5 mg 25%		
Calcium (as Calcium Carbonate)	250 mg 25%		
Phosphorus (as diMagnesium & diPotassium Phosphate)	250 mg 25%		
Iodine (as Potassium Iodide)	37.5 mcg 25%		
Magnesium (as diMagnesium Phosphate & Magnesium Oxide)	100 mg 25%		

**OTHER INGREDIENTS:** Whey Protein Isolate, Sunfiber® Partially Hydrolyzed Guar Gum, Natural & Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Chocolate Cookie Pieces (Rice Flour, Sugar, Tapioca Starch, Cocoa Processed with Alkali, Palm Oil, Corn Starch, Salt, Natural Flavors, Sodium Bicarbonate, Soy Lecithin), Lecithin, Acesulfame Potassium, Sucralose. **CONTAINS: Milk and Soybeans.**

### SHAKE THINGS UP!

Try mixing a serving of Lean Shake™ Burn into your other favorite foods for additional variety.

- Greek Yogurt
- Smoothies
- Almond Milk

Visit [GNC.com/TotalLean](http://GNC.com/TotalLean) for additional recipe ideas.

## Lean Shake™ Burn – Losing Never Felt This Good!™

Lean Shake™ Burn is a delicious protein with a clinically studied blend shown to burn 3X more calories and supercharge your metabolism for fast, energizing results.\*\* This advanced formula features 30 grams of ultra-pure whey protein isolate for lean muscle performance and recovery.\* With just 11 grams of total carbohydrates per serving, Lean Shake™ Burn is also suitable for low carb diets. Stimulate your mind and body, jumpstart your day and fuel fat-burning workouts with this calorie-burning protein complex scientifically formulated to deliver an invigorating rush of energy.\* Combine Lean Shake™ Burn with the Total Lean™ Advanced Body Toning System to revitalize your weight management efforts and put you on track toward a toned and defined body. To get your own personalized meal and exercise program, visit [GNC.com/TotalLeanAdvanced](http://GNC.com/TotalLeanAdvanced) today.

### DIRECTIONS FOR USE

<b>First Time Users</b>	As individual tolerances may vary, you may begin by taking 1 scoop mixed in 4 fl. oz. of cold water for 5-7 days, and then increase to the suggested 2 scoop dose once your level of comfort has been assessed.
<b>For Maximum Results</b>	Add two scoops (46.5 g) to 8 fl. oz. of cold water, mix well, and enjoy 30 minutes prior to exercise. Do not take near bedtime.



**ARE YOU UP FOR THE CHALLENGE?**

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

**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 may occur.