

*See carton for details.
KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.
No refrigeration required.
For More Information:

1-888-462-2548
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA
Made in the UK

GNC

Probiotic SOLUTIONS

WEIGHT MANAGEMENT SUPPORT
POTENCY GUARANTEED

25
BILLION
CFUs

- Multi-strain probiotic with clinically studied strains & a weight management blend
- Specialized probiotic strains to impact fat absorption*

25 Billion Active Cultures
DIETARY SUPPLEMENT
60 VEGETARIAN CAPSULES



CODE 424641

IRG

Directions: As a dietary supplement, take two capsules daily with food. For maximum results, take one capsule on two separate occasions and follow the meal and exercise plan on GNC.com.

Supplement Facts

Serving Size Two Capsules
Servings Per Container 30

Amount Per Serving

Probiotic Complex	25 Billion Active Cultures
<i>Lactobacillus acidophilus</i> (CUL 60), <i>Lactobacillus acidophilus</i> (CUL 21), <i>Bifidobacterium bifidum</i> (CUL 20), <i>Bifidobacterium animalis subsp. lactis</i> (CUL 34), <i>Lactobacillus plantarum</i> (CUL 66), <i>Lactobacillus gasseri</i> (CUL 09), <i>Lactobacillus paracasei</i> (CUL 08), <i>Lactobacillus reuteri</i> (JBD 301)	
Citri-Sculpt™ Blend	900 mg
<i>Grapefruit Extract</i> [<i>Citrus paradisi</i> L.] (whole fruit), <i>Sweet Orange Extract</i> [<i>Citrus sinensis</i> L.] (whole fruit), <i>Blood Orange Extract</i> [<i>Citrus sinensis</i> L.] (whole fruit), <i>Guarana Extract</i> [<i>Paullinia cupana</i>] (seed) (20% Flavanones = 180 mg)	

* Daily Value not established.

Other Ingredients: Vegetarian Capsule (Hydroxypropyl Methylcellulose), Microcrystalline Cellulose, Silica, Magnesium Stearate, Titanium Dioxide (Natural Mineral Whitener).

Each serving contains 36 mg of caffeine.

Gluten Free. Suitable for Low Lactose Diet.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Lot No./Best By:

Why use the Probiotic Solutions with Weight Management Support?

Our Probiotic Solutions with Weight Management Support includes multiple strains of live, active probiotic cultures that may support digestion and immune health.* It also features a Lactobacillus strain designed to impact fat absorption[^] and a powerful citrus blend, which may support body composition and fat metabolism.[†] The reduced-calorie diet and exercise plan on the next page helps you support your weight management goals.

How do you store a probiotic?

Unlike other probiotic products, Probiotic Solutions with Weight Management Support requires no refrigeration. Plus it has been tested to ensure the full 25 billion cultures in each dose are live and active when used by the expiration date.

Making the meal plan work for you.

Developed by our team of nutrition scientists, Probiotic Solutions with Weight Management Support works with the diet and exercise plan on the next page to help you achieve your weight management goals. A calorie-controlled meal plan is an essential part of any weight management effort.

The meal plan was designed using the same guidelines as the Citri-Sculpt™ weight management clinical trial. In that trial, female participants were guided to eat 1800-2000 calories per day, and male participants were guided to eat 2000-2500 calories per day. You can eliminate the snacks in the plan at your discretion. The meals and snacks have the same amount of calories throughout the week so you can, for example, substitute the lunch from Day 1 as the lunch for Day 2, etc. if you choose. Use the meal plan as a model for constructing a healthy weight management meal plan. As you mix and match meals and snacks, here are some tips to keep in mind:

- Have at least five servings of fruits and vegetables a day.
- Focus on whole grains when selecting sources of carbohydrates (like whole wheat bread, oatmeal, etc.).
- Limit the consumption of fats—especially saturated fats.
- Ensure enough calcium intake by having three dairy products a day. Don't limit dairy to just milk – there are great options like yogurt, Greek yogurt or fortified almond or rice milks that allow you to meet your calcium needs.



- Have one to two servings of protein-rich products: meat, fish, seafood, eggs per day. For meat, choose mostly lean cuts. Aim to eat fish at least twice a week.
- Limit the consumption of sugar and sweets (sodas, confectionery products, chocolate, pastries, etc.).
- Limit the consumption of alcoholic beverages.
- Limit the consumption of salt.

Adding exercise for better results.

Begin with moderate exercise, working up to a more aggressive cardiovascular or endurance regimen. Start with 1-2 days per week, walking at a moderate pace for 30 minutes each day. Progressively increase your walking speed, duration and frequency until you're consistently engaging in vigorous physical activity for no fewer than three days per week. You'll notice improved results even faster if you incorporate resistance training into your fitness program.

[^]Results are based on in vitro laboratory testing combining Lactobacillus reuteri JBD301 with fat. The JBD301 probiotic strain demonstrated significantly free fatty acid uptake vs. a common Lactobacillus control, which may reduce availability of fat for absorption.

[†]A randomized, double-blind, placebo-controlled clinical study consisting of 95 overweight, healthy participants compared the use of Citri-Sculpt™ Blend to a placebo, both in conjunction with a calorie-restricted diet and physical activity plan. After 12 weeks, subjects receiving Citri-Sculpt™ Blend had significantly greater improvements in body composition, antioxidant status and serum free fatty acids.

*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.

Probiotic SOLUTIONS

25 BILLION CFUs

WEIGHT MANAGEMENT SUPPORT

GNC LIVE WELL

1800-2000 Calorie Meal Plan

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast 400 calories	1 whole wheat bread (toasted) 4 tsp almond butter 1¼ C low fat milk 1 medium orange	½ C rolled oats cooked with 1 C low fat milk ¾ C fresh blueberries topped with 2 Tbsp sliced almonds	Green smoothie: 1 C fresh spinach, 1 frozen banana, 1 C nonfat milk, 1 Tbsp peanut butter, 2 Tbsp non fat, vanilla Greek yogurt (toasted) with 2 tsp blackberry jam	Chia-vanilla breakfast pudding: 1 C light, vanilla soy milk, ¼ C chia seeds, ½ tsp vanilla extract, ½ tsp honey (let mixture sit overnight) ¼ C unfrosted mini wheat cereal ¾ C blueberries	1 C plain low fat Greek yogurt 1 C raspberries 2 tsp honey ¼ c granola	1 slice whole wheat bread (toasted) 1 Tbsp almond butter ¾ C low fat vanilla yogurt 1 banana	1 C oat square cereal 1 C non fat milk 1 Tbsp sliced almonds 1 C grapes
Snack (Optional) 300 calories	7 oz low fat vanilla yogurt ¼ C granola ¾ C fresh blueberries	½ C hummus 8 wheat crackers 1 C sliced cucumber	1 medium apple 2 oz part-skim mozzarella 1 graham cracker sheet	½ whole wheat English muffin 2 tsp peanut butter ½ banana	1½ oz gouda cheese 1 C pineapple 8 woven wheat crackers	2 C watermelon mixed with 2 oz feta cheese and 1 Tbsp reduced balsamic vinegar	¼ C almonds ½ C grapes 1 C low fat milk
Lunch 400 calories	Tuna wrap: 4 oz tuna packed in water, 1½ Tbsp light mayo, 1 Tbsp salsa, 1 oz cheddar cheese 1 medium whole wheat tortilla 1 small apple	4 oz grilled chicken 1½ Tbsp pesto ½ C whole wheat couscous cooked with 1 C spinach	Turkey fajita wrap: 4 oz cooked lean ground turkey, ½ C diced tomatoes, ¼ C shredded lettuce, 1 oz reduced fat cheddar cheese, 1 medium whole wheat tortilla	4 oz cod covered with 1½ Tbsp light mayo and breaded with 2 Tbsp panko bread crumbs and baked 1 C non fat milk 1 whole wheat roll 1 C steamed zucchini	Steak salad: 3 oz broiled flank steak, 1 oz part-skim, shredded mozzarella, ½ cherry tomatoes, ½ C cucumber, 2 C mixed salad greens, 2 Tbsp light blue cheese dressing 1 whole wheat roll 1 tsp unsalted butter	Tzatziki and steak pita: 3½ oz grilled flank steak, 2 Tbsp Tzatziki sauce, ¼ C diced tomato, ¼ C shredded lettuce, 1 small whole wheat pita 1 C low fat milk	Tuna melt sandwich: 3 oz tuna mixed with 1 Tbsp light mayo on 2 slices toasted whole wheat bread with 2 slices Swiss cheese 2 C spinach with 2 Tbsp raspberry vinaigrette
Snack 200 calories	1 hard-cooked egg 4 woven whole wheat crackers 2 C spinach 1 Tbsp balsamic dressing	1 small pear 1 C low fat milk	1 plain rice cake 1½ Tbsp peanut butter	Chickpea salad: ¾ C chickpeas, 1 tsp olive oil, 2 tsp lemon juice, 1 Tbsp chives, ¼ tsp Dijon mustard	1 small apple 1½ oz brie cheese	½ C edamame with sea salt 1 C low fat milk	1 small banana with 4 tsp peanut butter
Dinner 500 calories	Turkey tacos: 6 oz cooked, lean ground turkey, 1 tsp taco seasoning, 1 stalk celery, minced 2 slices avocado, ½ C diced tomatoes, ½ C shredded lettuce, 2 small corn tortillas	5 oz tilapia baked with 1 tsp olive oil, 1 tsp garlic, 1 oz parmesan cheese 1 C asparagus with 1 tsp lemon juice ½ C brown rice	Chicken and broccoli casserole: 4 oz chicken, 2 C steamed broccoli, ½ C light shredded cheddar cheese, ¾ C brown rice	4 oz broiled flank steak 1 medium baked potato with 1 tsp olive oil, 1 Tbsp salsa and ¼ C non fat plain Greek yogurt 1 C steamed carrots	3½ oz tilapia baked with 1 Tbsp lemon juice and 1 tsp black peppercorns ½ C quinoa cooked in 1 C chicken broth with ½ C chopped red pepper and ½ C chopped onion	Spinach and ricotta stuffed chicken breast: mix 1 C steamed spinach, 1 oz ricotta cheese, 2 Tbsp parmesan and lay on top of 4 oz chicken pounded to ½ inch and fold over spinach mixture. Top chicken with ¼ C marinara sauce ¾ C whole wheat pasta with ¼ C marinara sauce 1 C steamed broccoli	6 oz roasted pork tenderloin 1 C parsnips mixed with 1 tsp honey, 1 tsp olive oil, ½ tsp cinnamon, ¼ tsp nutmeg, ¼ tsp cumin ½ C cooked barley
Snack 200 calories (Optional)	½ whole wheat English muffin with 1 Tbsp tomato sauce and 1 oz mozzarella cheese melted on top ½ C blueberries	8 oz low fat vanilla yogurt 1 C raspberries	1 C low fat milk 1 small, baked pear halved and sprinkled with ¼ tsp cinnamon mixed with ½ tsp honey	1 C non fat milk 2 Tbsp dried cranberries 1½ Tbsp sunflower seeds, hulled	6 oz low fat vanilla yogurt ¼ C oat square cereal ½ small banana	8 oz low fat vanilla yogurt ¾ C blueberries	1 oz low fat cheddar melted on ½ whole wheat English muffin (toasted) 1 C halved strawberries

2000-2500 Calorie Meal Plan

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast 500 calories	½ C oats cooked with 2 Tbsp raisins, 2 Tbsp walnuts, 1 tsp cinnamon and 1 C low fat milk 1 C blueberries	1 C oat squares with 3 Tbsp sliced almonds 1 C low fat milk 1 medium orange	2 poached eggs with 1 slice whole wheat bread (toasted) topped with 1 oz parmesan and 2½ roasted red pepper ¾ C grapes	¾ C oats cooked with ¾ C frozen, unsweetened blueberries, 3 Tbsp sliced almonds and 1½ C low fat milk	8 oz reduced fat, plain Greek yogurt with 1 tsp honey ½ C granola 1½ C strawberries, sliced	1 whole wheat English muffin with 2 Tbsp cream cheese mixed with 2 Tbsp blackberry puree 6 oz low fat flavored yogurt 1 medium pear	Green smoothie: 1 C fresh spinach, 1 frozen, small banana, 1 C low fat milk, 5 tsp peanut butter, 2 Tbsp non fat vanilla Greek yogurt 1 slice wheat bread (toasted) with 1 Tbsp blackberry jam
Snack (Optional) 300 calories	½ C low fat cottage cheese 1 C fresh pineapple 7 woven whole wheat crackers	8 oz low fat plain yogurt ¼ C fruit and nut granola 1 C fresh blueberries	½ C hummus 2 woven whole wheat crackers 2 cup sliced cucumber	½ whole wheat English muffin 1 Tbsp peanut butter 1 small banana	1½ chocolate rice cakes with 2 Tbsp peanut butter	2 C watermelon mixed with 2 oz feta cheese and 1 Tbsp reduced balsamic vinegar	4 slices avocado sprinkled with 1 tsp smoked paprika 12 woven wheat crackers
Lunch 600 calories	Tuna wrap: 5 oz tuna packed in water, 2 Tbsp reduced fat mayo, 2 Tbsp salsa, 1 stalk celery, minced, 1 C spinach, 2 oz feta cheese, 1 large whole wheat tortilla	Brie and cranberry turkey wrap: 4 oz turkey, 2 Tbsp whole cranberry sauce, 1 oz brie cheese, 1 stalk celery chopped, 1 large whole wheat tortilla 1 small apple	6 oz cod topped with 2 Tbsp plain Greek yogurt and 2 Tbsp capers 2 C asparagus cooked with 2 tsp olive oil and 1 Tbsp lemon juice 1 wheat roll 2 C non fat milk	Roast beef sandwich: 4 oz roast beef, 1 Tbsp horseradish sauce, 1 oz cheddar cheese on 1 whole wheat bun 2 C carrots with mixture of ½ C plain, Greek yogurt and 1 tsp ranch dressing seasoning mix	Tzatziki and chicken pita: 6 oz grilled chicken, ¼ C Tzatziki sauce, ¼ C diced tomato, ¼ C shredded lettuce, 1 large whole wheat pita 1 small apple	Turkey fajita wrap: 5 oz cooked lean ground turkey, ½ C diced tomatoes, ½ C shredded lettuce, 2 Tbsp plain, reduced fat Greek yogurt, 1 oz reduced fat cheddar cheese, 1 large whole wheat tortilla 8 whole wheat pita chips	Tuna melt sandwich: 4 oz tuna mixed with 2 Tbsp pesto on 2 slices toasted whole wheat bread with 2 slices Swiss cheese 2 C mixed greens with 2 Tbsp raspberry vinaigrette
Snack 300 calories	1 C reduced fat, plain Greek yogurt mixed with 2 tsp ranch dressing seasoning mix 1 C carrots 10 woven wheat crackers	3 slices avocado 3 woven whole wheat crackers 1 C low fat milk	Trail mix: ¾ cup multi-grain cereal, 2 Tbsp almonds, 2 Tbsp cranberries	1 medium apple 2 oz part-skim mozzarella 1 graham cracker sheet	Chickpea salad: ¾ C chickpeas, 1 tsp olive oil, 1 tsp lemon juice, 1 Tbsp chives, ¼ tsp Dijon mustard 5 woven whole wheat crackers	1 C edamame with sea salt 1 C low fat milk	1 hard-cooked egg 4 woven whole wheat crackers 6 oz non fat vanilla yogurt
Dinner 600 calories	4 oz roasted turkey Apple Waldorf salad: ¾ C chopped apple, 2 Tbsp dried cranberries, 1 Tbsp walnuts, 1 Tbsp mayo, ¼ C plain, non fat yogurt ¾ C cubed, roasted sweet potato with 1 tsp olive oil and 1 tsp garlic	6 oz baked tilapia with 1 Tbsp lemon juice and 1 tsp peppercorns Kale & barley salad: 2 C kale, steamed mixed with 1 Tbsp garlic, 4 tsp olive oil, 2 tsp cumin, ½ tsp pepper and ¾ C cooked barley	5 oz roasted turkey Broccoli salad: 1½ C chopped broccoli, 1 Tbsp sunflower seeds, 1 Tbsp raisins, 2 tsp mayo, 1 tsp olive oil, 2 Tbsp apple cider vinegar ¾ C brown rice	5 oz tilapia baked with 1 tsp olive oil, 1 Tbsp lemon juice and 1 tsp black peppercorns ½ C quinoa cooked in 1 C chicken broth with ½ C chopped red pepper and ½ C chopped onion	Stuffed pepper: 4 oz lean ground turkey, ¼ C chopped onion, ¼ C diced tomato, ¼ C cooked brown rice all mixed and stuffed into 2 large bell peppers then baked and topped with 2 oz low fat cheddar cheese	Spinach and ricotta stuffed chicken breast: mix 1 C steamed spinach, 1 oz ricotta cheese, ¼ C parmesan and lay on top of 4 oz chicken pounded to ½ inch and fold over spinach mixture. Top chicken with ¼ C marinara sauce 1 C whole wheat pasta with ¼ C marinara sauce 1 C steamed broccoli	Chicken and broccoli casserole: 5 oz chicken, 2 C steamed broccoli, ½ C light shredded cheddar cheese, 1 C brown rice