

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

For More Information:
1-888-462-2548
GNC.com

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA

GNC
TOTAL LEAN®

CLA PM

DIETARY SUPPLEMENT



Stimulant-free, nighttime metabolism support
formula that promotes restful sleep*
Scientifically shown to improve body composition*
Improves lean muscle tone*
Fuels energy & fat metabolism*

120 SOFTGEL CAPSULES
30-DAY SUPPLY



CODE 388310

HTG

DIRECTIONS: As a dietary supplement, take four softgel capsules at bedtime.

Supplement Facts		Amount Per Serving	% Daily Value
Serving Size Four Softgel Capsules		Hops Flower Extract	50 mg *
Servings Per Container 30		<i>(Humulus lupulus)</i>	
Amount Per Serving	% Daily Value	Passion Flower Powder	50 mg *
Calories	50	<i>(Fruits and Flowers)(Passiflora incarnata)</i>	
Total Fat	4.5 g 6%†	Restore and Recover Complex 79.95 mg	
Protein	2 g	Hydrolyzed Gelatin	50 mg *
Biotin	30 mcg 100%	alpha-Lipoic Acid	10 mg *
CLA (Conjugated Linoleic Acid)	3.4 g *	L-Methionine	10 mg *
<i>(from Safflower Oil)</i>		Silica (as Silicon Dioxide)	4 mg *
Rest and Relaxation Complex 300 mg		Horsetail Rush Stems Extract	3 mg *
Valerian Root Extract	100 mg *	<i>(Equisetum arvense)</i>	
<i>(Valeriana officinalis)</i>		Boron	2 mg *
L-Theanine	50 mg *	<i>(as Hydrolyzed Protein Chelate)</i>	
Lemon Balm Leaves Extract	50 mg *	Lutein	950 mcg *
<i>(Melissa officinalis)</i>		† Percent Daily Value based on a 2,000 calorie diet.	
		* Daily Value not established.	

OTHER INGREDIENTS: Gelatin, Glycerin, Beeswax, Caramel Color.

CONTAINS: Soybeans.

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. Discontinue use two weeks prior to surgery. Inform your physician of this product's biotin content before any lab test. Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

No Sugar, No Artificial Colors, No Artificial Flavors, No Preservatives, Sodium Free, No Wheat, Gluten Free, No Dairy.

* 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.



Lot No./Best By: