

**GNC**  
TOTAL LEAN®

# 5 IN 1 BURN & DEFINE VITAPAK®

ADVANCED SUPPORT AS YOU STRIVE TO BURN & DEFINE.

**DEFINE YOUR LOOK.** Get premium, clinically researched ingredients in just the right doses to support your nutrition and weight management goals – all in a convenient pack.

**MULTIVITAMIN**  
A premium formula that helps fill in the nutrition gaps with vitamins, minerals and key nutrients that may be missing from your diet.\*

**BURN 60™**  
This clinically researched thermogenic boosts energy and metabolism as it **increases calorie burning by up to 60%.\***

**L-CARNITINE 1000**  
One of the most clinically studied forms of L-Carnitine available – shown to fuel fat metabolism and reduce oxidative stress post-exercise.\*

**CLA**  
Conjugated Linoleic Acid (CLA) is a naturally occurring fatty acid that fuels fat metabolism and enhances your diet.\*

**WATEREX™**  
Featuring an all-natural herbal blend, this scientific formulation helps regulate water balance.\*

\* Clinically proven to increase post-workout calorie burning by up to 60% for up to one hour after a workout. This double-blind, placebo-controlled, crossover study consisted of 22 healthy men and women. Participants exercised on a treadmill on two occasions. On one occasion, they took Burn 60™ before exercise and on the second, they took a placebo. The amount of calories burned during the first hour post-exercise was measured, and participants burned up to 60% more calories while on Burn 60™ 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.

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# BURN & DEFINE VITAPAK®

Scientifically Formulated Nutrition  
& Weight Management Support System\*



**NUTRITION SUPPORT\***  
with an ultra-concentrated multivitamin

**ENERGY & CALORIE BURNING\*\***  
with clinically researched Burn 60™

**FUELS FAT METABOLISM\***  
with L-Carnitine 1000 & CLA

**WATER BALANCE\***  
with scientifically formulated Waterex™

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DIETARY SUPPLEMENT  
**30 PACKS**  
30-DAY SUPPLY

CODE 220811  
DIRECTIONS: As a dietary supplement, take the contents of one pack daily. Do not take before bedtime.  
EACH PACK CONTAINS:

Total Lean® Multivitamin

## Supplement Facts

Serving Size One Beige Caplet

Amount Per Serving	% Daily Value
Vitamin A (as Retinyl Acetate)	1050 mcg RAE 117%
Vitamin C (as Ascorbic Acid)	100 mg 111%
Vitamin D (as Cholecalciferol)	30 mcg 150%
Vitamin E (as d-alpha Tocopheryl Succinate)	30.2 mg 201%
Vitamin K (as Phytanadione)	80 mcg 67%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.65 mg 138%
Riboflavin (Vitamin B-2)	1.87 mg 144%
Niacin (as Niacinamide)	20 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3.3 mg 194%
Folate	680 mcg DFE (400 mcg Folic Acid) 170%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 1042%
Biotin	300 mcg 1000%
Pantothenic Acid (as Calcium d-Pantothenate)	16.5 mg 330%
Calcium (as Calcium Carbonate, Dicalcium Phosphate & Calcium d-Pantothenate)	250 mg 19%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	125 mg 30%
Zinc (as Zinc Oxide)	30 mg 273%

Amount Per Serving	% Daily Value
Selenium (as Sodium Selenite)	120 mcg 218%
Copper (as Cupric Oxide)	2 mg 222%
Manganese (as Manganese Sulfate)	2 mg 87%
Chromium (as Hydrolyzed Protein Rice Chelate)	200 mcg 571%
Molybdenum (as Hydrolyzed Protein Rice Chelate)	75 mcg 167%
Chloride (as Potassium Chloride)	72 mg 3%
Potassium (as Potassium Chloride)	80 mg 2%
<b>Amino Acid Blend</b>	<b>20 mg *</b>
Taurine (as L-Taurine)	
Methionine (as L-Methionine)	
Glutamine (as L-Glutamine)	
Carnitine (as L-Carnitine)	
Inositol	2.5 mg **
Silica (as Silicon Dioxide)	2 mg **
Lutein (as Marigold [Tagetes erecta] Flower Extract)	1 mg **
Lycopene	600 mcg **
Zeaxanthin (as Zeaxanthin isomers from Marigold [Tagetes erecta] Flower Extract)	200 mcg **
Boron (as Boric Acid)	150 mcg **
Tin (as Stannous Chloride)	10 mcg **
Vanadium (as Vanadyl Sulfate)	10 mcg **
Nickel (as Nickel Sulfate)	5 mcg **

**OTHER INGREDIENTS:** Cellulose, Croscarmellose Sodium, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Titanium Dioxide (Mineral Whitener), Choline Bitartrate, Caramel Color, Carnauba Wax, Ethyl Vanillin, Vegetable Acetoglycerides, Polyethylene Glycol, Polysorbate 80, Methylparaben, Propylparaben.

L-Carnitine 1000

## Supplement Facts

Serving Size One White Caplet

Amount Per Serving	% Daily Value
L-Carnitine (as L-Carnitine Tartrate)	1 g *

**OTHER INGREDIENTS:** Hydroxypropylcellulose, Microcrystalline Cellulose, Stearic Acid Vegetable Source and Less than 2%: Cellulose, Magnesium Stearate Vegetable Source, Silicon Dioxide.

ACTUAL SIZE

JYG

Burn 60™ Thermogenic Formula

## Supplement Facts

Serving Size Two Red Caplets

Amount Per Serving	% Daily Value
Guarana ( <i>Paullinia cupana</i> ) Seed Extract (36% Caffeine = 178 mg)	495 mg *
Black Tea ( <i>Camellia sinensis</i> ) Leaves Extract (5% Caffeine = 14 mg)	272.5 mg *
Grape ( <i>Vitis vinifera</i> ) Skin Extract	210 mg *
Ginger ( <i>Zingiber officinale</i> ) Root Extract (5% Gingerols = 10 mg)	200 mg *
Grape ( <i>Vitis vinifera</i> ) Seed Extract	125 mg *
Dill ( <i>Anethum graveolens</i> ) Seed Extract	5 mg *

\* Daily Value not established.

**OTHER INGREDIENTS:** Dextrose, Cellulose, Dicalcium Phosphate, Crospovidone, Maltodextrin, Silicon Dioxide, Polyethylene Glycol, Red 40 Lake, Yellow 6 Lake, Natural Cinnamon Flavor, Titanium Dioxide (Mineral Whitener), Natural Vanilla Mint Flavor, Sucralose.

ACTUAL SIZE

Waterex™

## Supplement Facts

Serving Size One Tan Filled Capsule

Amount Per Serving	% Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1471%
Magnesium (as Magnesium Oxide)	25 mg 6%
Corn ( <i>Zea mays</i> ) Silk Powder	6.25 mg *
Fennel ( <i>Foeniculum vulgare</i> ) Seed Powder	6.25 mg *
Garlic ( <i>Allium sativum</i> ) Clove Powder	6.25 mg *
Horsetail Rush ( <i>Equisetum arvense</i> ) Stem Powder	6.25 mg *
Parsley ( <i>Petroselinum crispum</i> ) Leaf Powder	6.25 mg *
Uva Ursi ( <i>Arctostaphylos uva-ursi</i> ) Leaf Extract 3:1	6.25 mg *

\* Daily Value not established.

**OTHER INGREDIENTS:** Cellulose, Gelatin, Potassium Chloride.

ACTUAL SIZE

CLA

## Supplement Facts

Serving Size Two Yellow Softgels

Amount Per Serving	% Daily Value
Calories	25
Total Fat	2.5 g 3%†
Conjugated Linoleic Acid (CLA)(from Safflower Oil)	2000 mg *

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

**OTHER INGREDIENTS:** Gelatin, Glycerin, Purified Water.

ACTUAL SIZE

Distributed by:  
**GNC Holdings, LLC**  
Pittsburgh, PA 15222 USA  
Contains a bioengineered food ingredient.

**WARNING:** Cancer and Reproductive Harm – www.P65Warnings.ca.gov. For adult use only. Do not take 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. Nicoin may cause a temporary flushing reaction. Inform your physician of this product's biotin content before any lab test.  
**NOTICE:** Use in conjunction with the Total Lean® Meal and Exercise Plan found on www.totallean.com.  
This product contains 192 mg of caffeine.

**Carnipure** L-Carnitine as Carnipure®. Carnipure® and the Carnipure logo are Lonza trademarks.

**OUR QUALITY COMMITMENT TO YOU**  
Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find a replacement product that is right for you.

**KEEP OUT OF REACH OF CHILDREN.**  
Store in a cool, dry place.  
For More Information:  
1-888-462-2548  
GNC.com