

Ignite your weight management plan.

Rev your metabolism, support lean muscle and satisfy your hunger*

- Features a thermogenic blend clinically proven to burn 3X more calories^{^*}
- 30 grams of whey protein isolate to support lean muscle*
- Hunger satisfying so you can feel fuller, longer*
- Supports mental focus*
- Well balanced with high-quality protein & fiber
- Fortified with 24 vitamins & minerals
- Suitable for a low-carb diet
- Delicious, healthy addition to your daily meal plan

[^]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
GNC.com



GNC
TOTAL LEAN®

LEAN SHAKE™ Burn

DIETARY SUPPLEMENT

CALORIES
170

PROTEIN
30G

FIBER
5G

CAFFEINE
200MG

High-protein meal replacement
 Proven to ignite calorie burn^{^*}



VANILLA CRÈME
 NATURAL & ARTIFICIAL FLAVORS

NET WT. 26.07 OZ. (1.63 LB.) 739.2 G • 16 SERVINGS

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CODE 369682

DIRECTIONS: As a dietary supplement, add two scoops (46.2 g) to 8 fl. oz. of cold water, mix well and enjoy 30 minutes prior to exercise. Do not take before bedtime.

Supplement Facts

Serving Size Two Scoops (46.2 g)
 Servings Per Container 16

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	170	Magnesium	100 mg 24%
Total Fat	0.5 g 1%†	(as Dimagnesium Phosphate & Magnesium Oxide)	
Cholesterol	10 mg 3%	Zinc (as Zinc Oxide)	3.75 mg 34%
Total Carbohydrate	11 g 4%†	Selenium (as Sodium Selenite)	17.5 mcg 32%
Dietary Fiber	5 g 18%†	Copper (as Copper Citrate)	0.5 mg 56%
Total Sugars	2 g *	Manganese (as Manganese Sulfate)	0.5 mg 22%
Includes 1g Added Sugars	<2%†	Chromium (as Chromium Chloride)	30 mcg 86%
Protein	30 g 60%†	Molybdenum (as Sodium Molybdate)	18.75 mcg 42%
Vitamin A (as Vitamin A Acetate)	375 mcg RAE 42%	Sodium	140 mg 6%
Vitamin C (as Sodium Ascorbate)	15 mg 17%	Potassium (as Dipotassium Phosphate)	420 mg 9%
Vitamin D (as Cholecalciferol)	2.5 mcg 13%	L-Carnitine (as L-Carnitine L-Tartrate)	250 mg *
Vitamin E (as dl- α -Tocopheryl Acetate)	7.5 mg 50%	Caffeine (as Caffeine Anhydrous)	200 mg *
Thiamin (as Thiamin Hydrochloride)	0.38 mg 32%	BioCore® Edge	100 mg *
Riboflavin	0.43 mg 33%	Peptidase (from <i>Aspergillus oryzae</i>)	
Niacin (as Niacinamide)	20 mg 125%	Proteases (from <i>Aspergillus oryzae</i> , <i>Aspergillus niger</i> and <i>Aspergillus melleus</i>)	
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.5 mg 29%	Sicilian Blood Orange	50 mg
Folate	170 mcg DFE 43%	(<i>Citrus sinensis</i> var <i>Moro</i>) Fruit & Peel Extract	
	(100 mcg Folic Acid)	Cayenne (<i>Capiscum annum L. annum</i>)	33.34 mg *
Vitamin B-12 (as Cyanocobalamin)	1.5 mcg 63%	Fruit Extract	
Biotin	75 mcg 250%	Piperine (from Black Pepper [<i>Piper nigrum</i>])	5 mg *
Pantothenic Acid (as Calcium d-Pantothenate)	2.5 mg 50%	Fruit Extract	
Calcium (as Calcium Carbonate)	280 mg 22%	Lutein (from Marigold [<i>Tagetes erecta</i>])	1 mg *
Phosphorus	250 mg 20%	Flower Extract	
(as Dimagnesium Phosphate & Dipotassium Phosphate)			
Iodine (as Potassium Iodide)	37.5 mcg 25%		

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

OTHER INGREDIENTS: Whey Protein Isolate, Partially Hydrolyzed Guar Gum, Natural & Artificial Flavors, Cellulose Gum. Contains less than 1%: Acesulfame Potassium, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Hydroxypropyl Methylcellulose, Maltodextrin, Shellac, Soy Lecithin, Starch, Sucralose, Sugar, Tocopherols (Preservative).

CONTAINS: Milk, Soy and Wheat.

Distributed by: GNC Holdings, LLC
 Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

⚠ WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov. 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. Niacin 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. Do not use in diets supplying less than 400 calories per day without medical supervision.

Significant product settling may occur.

This product contains 200 mg of caffeine.

Cayenne Fruit Extract as Capsimax®, Lutein Flower Extract as Lutemax®, Capsimax® and Lutemax® 2022 are trademarks of OmniActive Health Technologies.

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

Peptidase and Proteases as BioCore® Edge. BioCore® is a registered trademark of Deerland Probiotics & Enzymes, Inc.