

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



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



STRAWBERRY
NATURAL & ARTIFICIAL FLAVORS

NET WT. 26.36 OZ. (1.65 LB.) 747.36 G • 16 SERVINGS

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CODE 369697

DIRECTIONS: As a dietary supplement, add two scoops (46.71 g) to 8 fl. oz. of cold water, mix well and enjoy 30 minutes prior to exercise. Do not take before bedtime.

JYG

Amount Per Serving		% Daily Value		Amount Per Serving		% Daily Value		
Serving Size Two Scoops (46.71 g)				Serving Size Two Scoops (46.71 g)				
Servings Per Container 16				Servings Per Container 16				
Calories	170	Iodine (as Potassium Iodide)	37.5 mcg	25%	Magnesium	100 mg	24%	
Total Fat	0.5 g	1%†	(as Dimagnesium Phosphate & Magnesium Oxide)		Zinc (as Zinc Oxide)	3.75 mg	34%	
Cholesterol	10 mg	3%	Selenium (as Sodium Selenite)	17.5 mcg	32%	Copper (as Copper Citrate)	0.5 mg	56%
Total Carbohydrate	11 g	4%†	Manganese (as Manganese Sulfate)	0.5 mg	22%	Chromium (as Chromium Chloride)	30 mcg	86%
Dietary Fiber	5 g	18%†	Molybdenum (as Sodium Molybdate)	18.75 mcg	42%	Sodium	160 mg	7%
Total Sugars	2 g	*	Potassium (as Dipotassium Phosphate)	420 mg	9%	L-Carnitine (as L-Carnitine L-Tartrate)	250 mg	*
Includes <1 g Added Sugars	<2%†		Caffeine (as Caffeine Anhydrous)	200 mg	*	BioCore [®] Edge	100 mg	*
Protein	30 g	60%†	Peptidase (from <i>Aspergillus oryzae</i>)			Proteases (from <i>Aspergillus oryzae</i> , <i>Aspergillus niger</i> and <i>Aspergillus melleus</i>)		
Vitamin A (as Vitamin A Acetate)	375 mcg	RAE 42%	Proteases (from <i>Aspergillus oryzae</i> , <i>Aspergillus niger</i> and <i>Aspergillus melleus</i>)			Sicilian Blood Orange	50 mg	*
Vitamin C (as Sodium Ascorbate)	15 mg	17%				(<i>Citrus sinensis</i> var. <i>Moro</i>) Fruit & Peel Extract		
Vitamin D (as Cholecalciferol)	2.5 mcg	13%				Cayenne (<i> Capsicum annuum</i> L. <i>annuum</i>)	33.34 mg	*
Vitamin E (as dl-alpha Tocopheryl Acetate)	7.5 mg	50%				Fruit Extract		
Thiamin (as Thiamin Hydrochloride)	0.375 mg	31%				Piperine (from Black Pepper [<i>Piper nigrum</i>])	5 mg	*
Riboflavin	0.43 mg	33%				Fruit Extract		
Niacin (as Niacinamide)	20 mg	125%				Lutein (from Marigold [<i>Tagetes erecta</i>] Flower Extract)	1 mg	*
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.5 mg	29%				† Percent Daily Values are based on a 2,000 calorie diet.		
Folate	170 mcg	DFE 43%				* Daily Value not established.		
	(100 mcg Folic Acid)							
Vitamin B-12 (as Cyanocobalamin)	1.5 mcg	63%						
Biotin	75 mcg	250%						
Pantothenic Acid (as Calcium d-Pantothenate)	2.5 mg	50%						
Calcium (as Calcium Carbonate)	250 mg	19%						
Phosphorus	250 mg	20%						
(as Dimagnesium Phosphate & Dipotassium Phosphate)								

OTHER INGREDIENTS: Instant Whey Protein Isolate, Partially Hydrolyzed Guar Gum, Natural & Artificial Flavors, Cellulose Gum, Strawberry Fruit Powder and Less than 1%: Acesulfame Potassium, Citric Acid, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Hydroxypropyl Methylcellulose, Maltodextrin, Red Beet Powder (Maltodextrin, Beet Juice, Citric Acid) (Color), Shellac, Silicon Dioxide, Soy (Lecithin and Oil) Blend, 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.