

No Starch, No Artificial Colors, No Artificial Flavors, Sodium Free, No Wheat, Gluten Free, No Corn, No Soy, No Dairy.

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™

CHITOSAN WITH GLUCOMANNAN

DIETARY SUPPLEMENT



Promotes a feeling of fullness*
Supports digestive & colon health*

120 CAPSULES
30-DAY SUPPLY

CODE 485712

FTG

DIRECTIONS: As a dietary supplement, take two capsules with at least 8 oz of water or other fluid, twice daily. Taking this product without enough liquid may cause choking. See warning.

Supplement Facts

Serving Size Two Capsules/Servings Per Container 60

Amount Per Serving		% Daily Value
Total Carbohydrates	1 g	<1%†
Dietary Fiber	1 g	4%†
Chitosan	1000 mg	*
Proprietary Blend	400 mg	*
Fructooligosaccharides (FOS), Inulin, Glucomannan Powder (<i>Amorphophallus konjac</i>), Psyllium Seed Husks Powder (<i>Plantago ovata</i>)		

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: Gelatin, Stearic Acid, Magnesium Stearate, Silicon Dioxide, Microcrystalline Cellulose. **CONTAINS:** Crustaceans (Shrimp).

WARNING: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention. 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.

* 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.