

Ignite your weight management plan.

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

- Features a thermogenic blend clinically proven to burn 3X more calories^{^*}
- 30 g 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
- Enriched 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.

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*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
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222 USA



GNC
TOTAL LEAN[®]

LEAN SHAKE[™] BURN

DIETARY SUPPLEMENT

CALORIES

170

PROTEIN

30G

FIBER

6G

CAFFEINE

200MG

Hunger-satisfying, high-protein blend
Proven to burn 3X more calories^{^*}



CHOCOLATE FUDGE
NATURAL & ARTIFICIAL FLAVORS

NET WT 26.75 OZ (1.67 LB) 758.4 G
16 SERVINGS

CODE 369679

HTG

DIRECTIONS: As a dietary supplement, add two scoops (47.4 g) to 8 fl. oz. of cold water, mix well and enjoy 30 minutes prior to exercise. Do not take before bedtime.

Amount Per Serving		Amount Per Serving	
	% Daily Value		% Daily Value
Supplement Facts			
Servings Size Two Scoops (47.4 g)			
Servings Per Container 16			
Total Fat	170	Magnesium	100 mg 24%
Calories	170	(as Dimagnesium Phosphate & Magnesium Oxide)	
Total Fat	1 g 1%†	Zinc (as Zinc Oxide)	3.75 mg 34%
Saturated Fat	0.5 g 3%†	Selenium (as Sodium Selenite)	17.5 mcg 32%
Cholesterol	10 mg 3%	Copper (as Copper Citrate)	0.5 mg 56%
Total Carbohydrate	11 g 4%†	Manganese (as Manganese Sulfate)	0.5 mg 22%
Dietary Fiber	6 g 21%†	Chromium (as Chromium Chloride)	30 mcg 86%
Soluble Fiber	5 g *	Molybdenum (as Sodium Molybdate)	18.75 mcg 42%
Total Sugars	1 g *	Sodium (as Sodium Chloride)	160 mg 7%
Includes <1 g Added Sugars	<2%†	Potassium (as Dipotassium Phosphate)	520 mg 11%
Protein	30 g 60%†	Lean Muscle Recovery Blend	401 mg *
Vitamin A (as Vitamin A Acetate)	375 mcg 42%	L-Carnitine (as L-Carnitine L-Tartrate)	250 mg *
Vitamin C (as Sodium Ascorbate)	15 mg 17%	BioCore [®] Edge	100 mg *
Vitamin D (as Cholecalciferol D-3)	2.5 mcg 13%	(Peptidase [from <i>Aspergillus oryzae</i>] and Proteases [from <i>Aspergillus oryzae</i> , <i>Aspergillus niger</i> and <i>Aspergillus melleus</i>])	
Vitamin E (as dl-alpha Tocopheryl Acetate)	7.5 mg 50%	Sicilian Blood Orange Fruit & Peel Extract	50 mg *
Thiamin (as Thiamin Hydrochloride)	0.375 mg 31%	(<i>Citrus sinensis</i>)	
Riboflavin	0.43 mg 33%	Lutemax [®] 2020 Lutein	1 mg *
Niacin (as Niacinamide)	20 mg 125%	High-Energy Thermogenic Blend	238.34 mg *
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.5 mg 29%	Caffeine (as Caffeine Anhydrous)	200 mg *
Folate	170 mcg DFE 43%	Capsimax [®] Fruit Extract	33.34 mg *
(100 mcg Folic Acid)		(<i>Capsicum annuum</i>)	
Vitamin B-12 (as Cyanocobalamin)	1.5 mcg 63%	Piperine (<i>Piper nigrum</i>)	5 mg *
Biotin	75 mcg 250%	(from Black Pepper Extract)	
Pantothenic Acid (as Calcium d-Pantothenate)	2.5 mg 50%		
Calcium (as Calcium Carbonate)	250 mg 19%		
Phosphorus	250 mg 20%		
(as Dimagnesium & Dipotassium Phosphate)			
Iodine (as Potassium Iodide)	37.5 mcg 25%		

OTHER INGREDIENTS: Whey Protein Isolate, Sunfiber[®] Partially Hydrolyzed Guar Gum, Cocoa Powder, Natural & Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Acesulfame Potassium, Sucralose.

CONTAINS: Milk and Soybeans.

WARNING: 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.

