

**BURN CALORIES – AMAZING TASTE!**

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For More Information:  
1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

KEEP OUT OF REACH OF CHILDREN.  
Store in a cool, dry place.

\* 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.



G4682101

**GNC**

**TOTAL LEAN™  
ADVANCED**

**NEW**

# ENERGIZE & BURN

DIETARY SUPPLEMENT

METABOLISM ENHANCING POWDER

**HIGH ENERGY  
THERMOGENIC**

CLINICALLY PROVEN TO  
**BURN 3X**  
MORE CALORIES!\*

**FUELS FAT  
METABOLISM!\***  
**5G FIBER**



**FRUIT PUNCH**  
Natural & Artificial Flavors, Sugar Free

CLINICALLY STUDIED  
NET WT 7.79 OZ (220.8 g)

Calories: | Net Carbs: | Fiber: | Sugar:  
**15 | 1g | 5g | 0g**

CODE 732229

APG

**DIRECTIONS:** As a dietary supplement, mix one ultra-concentrated scoop (9.2 g) into 10-12 fl. oz. of cold water and enjoy for an invigorating energy and metabolic boost. On training days, take 30-45 minutes prior to exercise. On non-training days, take one serving in the morning. Do not take prior to bedtime. For maximum body-sculpting results, use in conjunction with Total Lean™ Advanced Tone & Define. For personalized stacking suggestions and to learn more, visit [www.GNC.com/TotalLeanAdvanced](http://www.GNC.com/TotalLeanAdvanced).

## Supplement Facts

Amount Per Serving	% Daily Value
Serving Size One Scoop (9.2 g) Servings Per Container 24	
<b>Amount Per Serving</b>	<b>% Daily Value</b>
Calories	15
Total Carbohydrate	6 g 2%†
Dietary Fiber	5 g 20%
Sugars	0 g *
Thiamin (as Thiamin HCl)	0.15 mg 10%
Riboflavin	0.17 mg 10%
Niacin	20 mg 100%
Vitamin B-6 (as Pyridoxine HCl)	0.2 mg 10%
Vitamin B-12 (as Cyanocobalamin)	0.6 mcg 10%
<b>Concentrated Calorie Burning Blend</b>	
Beta-Alanine (as Carnosyn®)	250 mg *

Amount Per Serving	% Daily Value
Caffeine (as Caffeine Anhydrous)	200 mg *
Choline (as Choline Bitartrate)	100 mg *
L-Carnitine (as Carnitine Tartrate)	100 mg *
Capsimax™ Capsicum Fruit Extract ( <i>Capsicum annuum</i> )(fruit)(Standardized for Capsaicinoids)	33.34 mg *
Piperine ( <i>Piper nigrum</i> )(from Black Pepper Fruit Extract)	5 mg *
<b>High Energy Mind/Body Matrix</b>	
Green Coffee Bean Extract (45% Chlorogenic Acid = 90 mg)	200 mg *
Rhodiola Extract ( <i>Rhodiola rosea</i> )(root)	50 mg *
<i>Schisandra chinensis</i> Fruit Extract (fruit)	50 mg *

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

**OTHER INGREDIENTS:** Gum Arabic, Natural and Artificial Flavors, Citric Acid, Sucralose, Silica, FD&C Red #40,  
**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.

**NOTICE:** Significant product settling  
can occur.  
Capsimax™ trademark belongs to  
OmniActive Health Technologies.  
Carnosyn® trademark and patents  
owned by Natural Alternatives  
International, Inc.

\*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.  
Each serving provides 200 mg of  
caffeine.