



### 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, 28 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.

**Store in a cool, dry place.**

**For More Information:**  
**1-888-463-2548**  
**GNC.com**

\*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.

# LEAN SHAKE™ Energy

**CALORIES 170** **PROTEIN 30G** **FIBER 5G** **CAFFEINE 200MG**

High-protein meal replacement  
 Proven to ignite calorie burn\*\*



**VANILLA CRÈME**  
 NATURAL & ARTIFICIAL FLAVORS  
 NET WT. 16.3 OZ. (462 G) • 10 SERVINGS

#### CODE 267985

**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

Amount Per Serving	% Daily Value
Serving Size Two Scoops (46.2 g)	
Servings Per Container 10	
Calories 170	
Total Fat 0.5 g	1%†
Cholesterol 10 mg	3%
Total Carbohydrate 11 g	4%†
Dietary Fiber 5 g	18%†
Total Sugars 2 g	*
Includes 1 g Added Sugars	<2%†
Protein 30 g	60%†
Vitamin A (as Vitamin A Acetate) 375 mcg RAE	42%
Vitamin C (as Sodium Ascorbate) 15 mg	17%
Vitamin D (as Cholecalciferol) 2.5 mcg	13%
Vitamin E (as dl-alpha Tocopheryl Acetate) 7.5 mg	50%
Thiamin (as Thiamin Hydrochloride) 0.38 mg	32%
Riboflavin 0.43 mg	33%
Niacin (as Niacinamide) 20 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride) 0.5 mg	29%
Folate 170 mcg DFE (100 mcg Folic Acid)	43%
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) 280 mg	22%

Amount Per Serving	% Daily Value
Phosphorus 250 mg (as Dimagnesium Phosphate & Dipotassium Phosphate)	20%
Iodine (as Potassium Iodide) 37.5 mcg	25%
Magnesium 100 mg (as Dimagnesium Phosphate & Magnesium Oxide)	24%
Zinc (as Zinc Oxide) 3.75 mg	34%
Selenium (as Sodium Selenite) 17.5 mcg	32%
Copper (as Copper Citrate) 0.5 mg	56%
Manganese (as Manganese Sulfate) 0.5 mg	22%
Chromium (as Chromium Chloride) 30 mcg	86%
Molybdenum (as Sodium Molybdate) 18.75 mcg	42%
Sodium 140 mg	6%
Potassium (as Dipotassium Phosphate) 420 mg	9%
L-Carnitine (as L-Carnitine L-Tartrate) 250 mg	*
Caffeine (as Caffeine Anhydrous) 200 mg	*
BioCore® Edge Peptidase (from <i>Aspergillus oryzae</i> )	100 mg
Proteases (from <i>Aspergillus oryzae</i> , <i>Aspergillus niger</i> and <i>Aspergillus melleus</i> )	
Sicilian Blood Orange ( <i>Citrus sinensis</i> var <i>Moro</i> ) Fruit & Peel Extract	50 mg
Cayenne ( <i>Capiscum annuum</i> L. <i>annuum</i> ) Fruit Extract	33.34 mg
Piperine (from Black Pepper [ <i>Piper nigrum</i> ] Fruit Extract)	5 mg
Lutein (from Marigold [ <i>Tagetes erecta</i> ] Flower Extract)	1 mg

#### FXG OTHER INGREDIENTS:

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, Wheat and Soy.

**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. Capsimax® and Lutemax® 2022 are trademarks of OmniActive Health Technologies. Sunfiber® is a registered trademark of Taiyo International, Inc. Use of Sunfiber® is protected by US Trademark Registration No. 2,930,937.

BioCore® is a trademark of Deerland Probiotics & Enzyme.

### CL&D TECHNICAL SPECIFICATIONS • SHRINK SLEEVE LEGEND

SLEEVE TEMPLATE	CONSTRUCTION	GRAPHIC PLACEMENT	3D / DISTORTION
CUSTOMER: GNC SIZE: 417mm x 160.34mm - 48oz ME: 7908	Seal/Seam Area Dieline Fold Line Perforation Zipper	Print Area Printed Area NO COPY, LIMITED GRAPHICS Non Printed Area NO INK OR COATING Center Lines	NO Distortion Area HIGH Distortion Area

ME Completed: 1.4.21 (DK)  
 Revisions: 5.28.21 (RJN) Changed cut length.

**DISCLAIMER/TOLERANCE SPECIFICATIONS:**

- 1.) Fold Tolerances: +/- 2 mm
- 2.) Layflat Tolerances: +1/-0 mm
- 3.) Actual cut length will vary within <1% of intended cut length

\*Colors of the mechanicals within the template may be modified for legibility purposes. Assignment of purpose to these mechanicals has not been altered.

**BUILDING BRANDS THROUGH PACKAGING**  
 800.777.1114  
 www.cldgraphics.com

## GNC LIVE WELL

300 Sixth Avenue #2  
 Pittsburgh, PA 15222

Round: RELEASE - AP  
 Revise Date: 8/25/22

File name:  
 267985\_FXG\_LeaShakeBurn\_Sleeve.eps

Application: Adobe Illustrator CC  
 Artwork is set up at 100%

**Color Palette**  
 4CP + 3 PMS Spot Colors

PMS 2200	Black	Yellow
Line Art Black	Cyan	Magenta
PMS 1375		

Contact: Heather Cass at GNC, 412.338.2577  
 or Email: heather-cass@gnc-hq.com

Supplier is responsible for checking files for accuracy in:

- measurements
- print tolerance requirements
- registration
- construction of artwork

\* Changes made to suit production requirements must be approved by GNC.  
 \* Proofs and copy changes must be sent to GNCPackaging@gnc-hq.com for review.

COLORS ARE COMPUTER SIMULATED AND ARE NOT FOR COLOR MATCHING. Varnishes/Coatings may not be included in color palette specifications. Refer to print specifications.