

# GNC DIET GUIDE

your source for the *hottest* brands

**\$125**  
IN COUPONS INSIDE



**Buy One, Get One 50% Off\***  
All GNC Total Lean™ Products

\*Buy one, get one of equal or lesser value 50% off. Mix and match. Excludes discontinued and Non-Member Sale products. Other exclusions may apply. See associate for details.

**Buy One, Get One 50% Off\***  
**Mix & Match All GNC Total Lean™ Brands**



**GNC Total Lean™  
Lean Shake™ 25**

Best-selling, protein-rich meal replacement fuels lean muscle tone and a healthy metabolism

1.83 lbs #933375 Reg. \$49.99

**Member Price \$38.99**

**Buy One, Get One  
50% Off\***

**GNC Total Lean™  
Lean Shake™ 25  
Ready to Drink**

Delicious meal replacement shake features a high-protein, 170-calorie formula clinically proven to deliver nearly 2x the weight loss<sup>†</sup>

4 ct #449807 Reg. \$10.99

**Member Price \$9.99**

**Buy One, Get One  
50% Off\***

**GNC Total Lean™  
2-Day Juice Cleanse**

Delicious blend of superfoods, juices, herbs and vitamins gently cleanses and detoxifies to help rejuvenate your metabolism

48 oz #732217 Reg. \$29.99

**Member Price \$26.99**

**Buy One, Get One  
50% Off\***

**GNC Total Lean™  
Live Lean & Fit Pak**

Complete body-shaping system helps boost energy, promote metabolism and features ingredients shown to reduce calorie intake by 10%<sup>‡</sup>

30 days #519811 Reg. \$59.99

**Member Price \$53.99**

**Buy One, Get One  
50% Off\***

**Taking the Guesswork  
Out of Weight Loss**

**GNC Total Lean™**

A simple plan for living leaner<sup>†</sup> designed for every lifestyle.

Everything you need to support healthy weight loss, including great-tasting, research-based, high-quality products to help you burn calories, feel fuller and maintain a healthy body.

\*Buy one, get one of equal or lesser value 50% off. Mix and match. Excludes discontinued and Non-Member Sale products. Other exclusions may apply. See associate for details. †A randomized clinical study consisting of 109 healthy participants compared the use of Lean Shake™ Ready to Drink in conjunction with a meal and exercise plan (total caloric intake of 1500 calories) to a 1500-calorie diet and exercise plan alone. This study resulted in nearly twice as much total weight loss (-7.6 vs. -3.9 lbs) along with improvements in body mass index (BMI) among the Lean Shake™ RTD users at the end of the 12 weeks. Meal and exercise plan available at GNC.com/TotalLean. ‡In a clinical study of 30 healthy adults (who took Appetrex Control™ one week followed by a placebo one apart, or vice versa) food intake was reduced by nearly 10% when the subjects took Appetrex Control™ versus the placebo prior to their first meal at the start of their diet.

<sup>†</sup>When used in conjunction with the GNC Total Lean™ diet and exercise plan.

NEW



### GNC Total Lean™ Advanced Lean Shake™ Burn

High-energy protein designed to fuel lean muscle, featuring a thermogenic clinically proven to burn 3x more calories\*

1.67 lbs #364309 Reg. \$59.99

**Member Price \$50.99**

**Buy One, Get One 50% Off†**

### GNC Total Lean™ Advanced Metabolic Elite™

Clinically studied, fast-acting metabolism supercharger proven to burn 6x more calories†

60 ct #489212 Reg. \$49.99

**Member Price \$44.99**

**Buy One, Get One 50% Off†**

### GNC Total Lean™ Advanced Tone & Define

Clinically studied ingredients fuel fat metabolism and improve body shape and definition‡

1.6 oz #732234 Reg. \$39.99

**Member Price \$35.99**

**Buy One, Get One 50% Off†**

### GNC Total Lean™ Advanced Energize & Burn

Delicious, clinically studied formula burns 3x more calories\* and fuels fat metabolism

20 svgs #732229 Reg. \$39.99

**Member Price \$35.99**

**Buy One, Get One 50% Off†**

\*Buy one, get one of equal or lesser value 50% off. Mix and match. Excludes discontinued and Non-Member Sale products. Other exclusions may apply. See associate for details. †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 the 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. ‡In a double-blind, randomized, placebo-controlled, cross-over study, 33 male and female subjects exercised on two occasions. On one occasion, the subjects took this blend 60 minutes before exercise and on the other occasion, they took a placebo. When the subjects took this blend, they burned 6 times (619%) more calories pre-exercise, 5% more calories during exercise and over 3 times (373%) more calories post-exercise compared to when they took the placebo. †When used in conjunction with the GNC Total Lean™ Advanced Body-Toning System.

**Clinically Researched for Proven Results**

# GNC Total Lean™ Advanced

Our most complete body-toning system.†

Visit [GNC.com/TotalLeanAdvanced](http://GNC.com/TotalLeanAdvanced) to create a complete program for your specific goals.

IN STORE ONLY

**GNC**  
LIVE WELL

**\$10 OFF**  
Any GNC Total Lean™ or Total Lean™ Advanced Purchase of \$75 or More\*

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†When used in conjunction with the GNC Total Lean™ Advanced Body-Toning System.

# The Hottest Ingredients

**You've heard about them, we have them!**

Check out our selection of powerful formulas featuring hot key ingredients, such as Garcinia cambogia, Meratrim®, forskolin and more to complement your diet goals.

**Garcinia cambogia** is a tropical fruit and popular diet ingredient that contains an active constituent called hydroxycitric acid (HCA), which is believed to have beneficial effects.

**Meratrim®** is a combination of flower extract *Sphaeranthus idicus* and fruit rind extract *Garcinia mangostana*.

**Forskolin** is made from the root of a plant in the mint family and has long been used in traditional Asian medicine.

**Green tea** supplies EGCG (epigallocatechin gallate), a polyphenol that functions as an antioxidant, to protect cells from free radical damage.

**Cayenne** provides dietary support for healthy digestive function and may have thermogenic properties. It is a popular spice in a variety of meals and sauces.

**Ginger** not only provides dietary support for healthy digestive tract function but

has also been traditionally used to soothe and comfort the stomach.

**White mulberry** is native to China. The powdered leaves are most commonly used for medicine, while the fruit can be used for food, either raw or cooked.

**DID YOU KNOW?** The average person needs to burn 3,500 calories in order to lose 1 lb of fat.

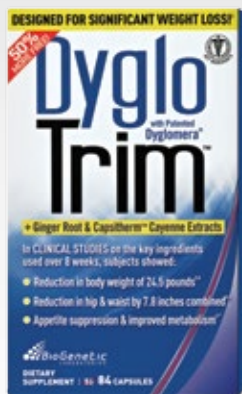




**New! BioGenetic Laboratories MeraTrim® Platinum+**  
 Supports metabolism and complements your diet program  
 90 ct #369107 Reg. \$49.99  
**Member Price \$39.99**  
**Save \$10.00**



**BioGenetic Laboratories Sinetrim™ with Sinetrol®**  
 Potent diet formula featuring Sinetrol®, white mulberry and Green Slimming Tea™  
 90 ct #369120 Reg. \$49.99  
**Member Price \$39.99**  
**Save \$10.00**



**BioGenetic Laboratories DygloTrim™**  
 Formulated with Dyglomera®, ginger root and Capsitherm™ Cayenne extracts  
 90 ct #369121 Reg. \$49.99  
**Member Price \$39.99**  
**Save \$10.00**

## New & Top-Selling Formulas

# BioGenetic Laboratories

This premium, science-based company is dedicated to engineering breakthrough, high-quality formulas to help you achieve your diet goals.



**hCG Activator™** 120 ct #036908 Reg. \$79.99  
**Member Price \$63.99 Save \$16.00**

**Garcinia Trim™** 120 ct #369105 Reg. \$49.99  
**Member Price \$39.99 Save \$10.00**

**Razberri Ketone-Slim™** 120 ct #369102 Reg. \$49.99  
**Member Price \$39.99 Buy One, Get One 50% Off\***

**GNC**  
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**IN STORE ONLY**

\$10 OFF

**Any Biogenetic Laboratories Purchase of \$50 or More\***

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### Hunger-Satisfying Protein

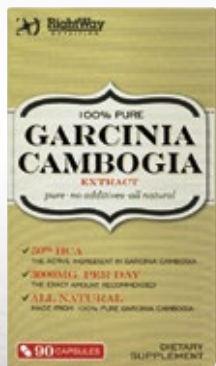
#### RightWay Nutrition® VeggiFitt™

Plant-based protein features 16g protein from pea, brown rice, quinoa and chia, plus 1500mg clinically studied Garcinia cambogia

715 g #470737 Reg. \$59.99

**Member Price \$47.99**

**Save \$12.00**



### Hot Ingredient

#### RightWay Nutrition® 100% Pure Garcinia Cambogia Extract

1500mg Garcinia cambogia extract standardized to 50% hydroxycitric acid (HCA) to complement your diet program

1 ct #470730 Reg. \$44.99

**Member Price \$27.99**

**Save \$17.00**



### Potent Formulation

#### RightWay Nutrition® Forskolin Double Strength 250mg

Formulated with 250mg forskolin standardized to 20% to complement your diet regimen

60 ct #470739 Reg. \$49.99

**Member Price \$44.99**

**Save \$5.00**

**See It First at GNC**

# RightWay Nutrition®

Dedicated to providing you superior products created with quality ingredients in original, cutting-edge formulations to help support your health and well-being.

IN STORE ONLY

**GNC**  
LIVE WELL

**\$10 OFF**

Any RightWay Nutrition®  
Purchase of \$50 or  
More\*

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# Healthy Solutions for Women

Premium blends specially designed for women's specific needs with high-quality ingredients for more targeted support.

*Check out the following pages for:*

- High-quality proteins to fuel muscle and satiate hunger
- Thermogenics to stimulate metabolism and increase calorie burn
- Innovative diet formulas to support your weight-management goals



***TIP: Try adding a multivitamin to your regimen!***

Adequate vitamin and mineral intake is important for physical performance, so be sure to take a multivitamin to help fill nutritional gaps.





**Be the Girl  
of Your Dreams™**

## BodyLab™

BodyLab™ is a unique, research-based line of health and fitness formulas designed specifically for a woman's body.



### BodyLab™ TastyShake™

1 lb #245935 Reg. \$29.99

**Member Price \$26.99**

**Save \$3.00**

### BodyLab™ Thermodynamic Total Burn™

60 ct #245932 Reg. \$29.99

**Member Price \$25.99**

**Save \$4.00**

### BodyLab™ 7-Day Ultra Fast Slim Kit™

63 ct #245933 Reg. \$29.99

**Member Price \$25.99**

**Save \$4.00**

**Complement Your  
Diet Regimen**

## Zantrex® SkinnyStix®

Zantrex® is dedicated to providing innovative formulations that address the specific needs of consumers.



### Zantrex® SkinnyStix®

Delicious formula designed to complement your diet program

25 ct #245937 Reg. \$34.99

**Member Price \$26.99**

**Save \$8.00**

IN STORE ONLY

**GNC**  
LIVE WELL

# \$10 OFF

Any BodyLab™ or  
Zantrex® SkinnyStix®  
Purchase of \$75 or more

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### StrongGirl™ Isolate

Complete nutritional shake delivers a 100% protein isolate matrix with 18g protein and 22 vitamins and minerals, plus added probiotics and digestive enzymes

2 lbs #802182 Reg. \$43.99

**Member Price \$34.99**

**Save \$9.00**



### StrongGirl™ Smart Weight Loss

Powerful thermogenic with green coffee, Garcinia cambogia, folic acid, B vitamins and more to complement your diet

120 ct #802184 Reg. \$59.99

**Member Price \$49.99**

**Save \$10.00**



### StrongGirl™ Pre-Workout

Powerful, energizing formula features caffeine, green tea, L-carnitine and quercetin

30 svgs #802185 Reg. \$49.99

**Member Price \$39.99**

**Save \$10.00**

**Created by Women,  
for Women**

## StrongGirl™

StrongGirl™ supplements were designed to help you achieve your goals and be the best version of yourself.

Premium nutrition and formulas made by strong women, for strong women.

***DID YOU KNOW?*** The average woman doesn't get the vitamins and minerals she needs through diet alone. Add nutrient-rich foods, such as nutritional shakes, meal replacements or bars, to your diet to ensure your body gets the nutrients it needs for optimal health.



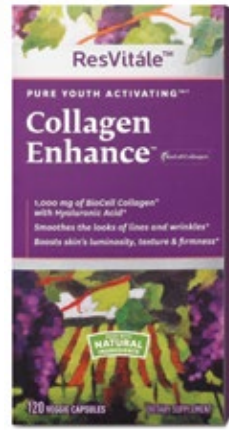
**Re-Body® SafSlim™**  
 Delicious, cutting-edge liquid formula powered by SAActive78™, a powerful, high-linoleic safflower oil blend  
 16 oz #468004 Reg. \$29.99  
**Member Price \$23.99**  
**Buy One, Get One 50% Off\***



**Re-Body® Meratrim®**  
 Features a clinically researched, unique blend to deliver powerful metabolism support  
 50 ct #468029 Reg. \$39.99  
**Member Price \$35.99**  
**Buy One, Get One 50% Off\***



**ResVitalé™ Resveratrol 500 mg**  
 Helps protect against free radicals that can destroy healthy cells, damage tissue and promote the cell-aging process  
 60 ct #446709 Reg. \$78.99  
**Member Price \$71.99**  
**Buy One, Get One 50% Off\***



**ResVitalé™ Collagen Enhance™**  
 Support your skin from the inside out with an infusion of 1000mg of collagen, plus hyaluronic acid and French resveratrol  
 120 ct #446731 Reg. \$84.99  
**Member Price \$76.99**  
**Buy One, Get One 50% Off\***

## **Perfect for Your Routine**

# **Diet & Wellness Solutions**

Potent formulas from Re-Body® and ResVitalé™ with key benefits, including metabolism support and antioxidant protection, plus ingredients for healthy skin.

**IN STORE ONLY**

**GNC**  
 LIVE WELL

**\$10 OFF**  
 Any Re-Body® or ResVitalé™ Purchase of \$50 or More\*

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# Discover the Power of Nature

We feature a variety of options free of artificial additives, plus plant-based proteins, which are great if you follow a vegetarian or vegan diet or simply want to support lean muscle and total body health.

While many people think of protein as only food, it is essential for life and involved in every physiological process in the body. In fact, not getting enough protein may obstruct your athletic goals, so make sure to get enough through diet and supplementation.



Now Available  
**GNC PUREEDGE™**  
Complete Vegan Protein



NEW



### GNC PUREEDGE™ Complete Vegan Protein

Delicious, gluten-free formula delivers 20g protein from 5 plant-based protein sources, plus aminos and a full serving of vegetables\*

2.43 lbs #386382 Reg. \$69.99

Member Price **\$59.99**

**Buy One, Get One 50% Off\***

**Bodylogix® Vegan Protein** 840 g #417508 Reg. \$54.99

Member Price **\$41.99 Save \$13.00**

**BOTAN** 16 oz #515700 Reg. \$5.99

Member Price **\$4.99 Save \$1.00**



## High-Quality Protein Formulas

# Plant-Based Proteins

GNC offers a comprehensive selection including vegan, non-GMO, gluten-free and naturally sweetened options.

**TIP: Add a delicious super food blend to your protein!**

Super foods have exceptional nutritional value and help give your body key nutrients found in all food groups, such as fiber, vitamins and minerals.



\*Buy one, get one of equal or lesser value 50% off. Mix and match. Excludes discontinued and Non-Member Sale products. Other exclusions may apply. See associate for details. \*Our products are tested by an independent third party lab for genetically modified material and test below a 0.9% threshold. †These products have been tested by HFL Sport Science, a world-class anti-doping lab, for over 145 banned substances on the 2014 World Anti-Doping Agency (WADA) prohibited list via HFL skip lot testing protocol #ICP0307 and have been certified banned substance free. ‡Based upon air-dried vegetables.



### Jarrow Formulas® Greek Yogurtein™

Delicious, vegetarian protein formula delivers 15g protein and 6g fiber for muscle support and to promote digestive health

462 g #401956 Reg. \$26.99

**Member Price \$24.99**

**Save \$2.00**



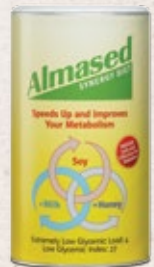
### Jay Robb™ Whey Protein

Great-tasting formula delivers 25g protein, plus essential aminos and BCAAs, with no affiliated sweeteners or colors

12 oz #431710 Reg. \$26.99

**Member Price \$20.99**

**Save \$6.00**



### Almased®

Delicious blend featuring 25g protein and non-GMO soy, yogurt and honey

17.6 oz #451100 Reg. \$39.99

**Member Price \$31.99**

**Save \$8.00**



### Nature's Lab™ Fit Complete™

Delicious formula features 20g protein, 22 vitamins and minerals, plus a sprouts blend with chia and quinoa

1 lbs #515804 Reg. \$39.99

**Member Price \$32.99**

**Save \$7.00**

## A Variety of Options

# Proteins from Nature

Formulated with no artificial colors, flavors or sweeteners and designed for the health-conscious customer.

***DID YOU KNOW?*** Protein is essential for every stage of life. It serves many functions, including supporting the growth of body tissues, providing fuel for the body's energy needs and supporting the regulation of body processes.



**Nature's Food™  
All-In-One Meal**  
Plant-based meal replacement with 34g plant-based protein and 10g fiber, plus nutrient-dense foods and essential vitamins and minerals  
2.6 lbs #802173 Reg. \$59.99  
**Member Price \$47.99**  
**Save \$12.00**



**Nature's Food™  
Fit Protein**  
Vegan protein, plus weight-management support featuring 28g plant-based protein, 20mg Bacillus coagulans and 5g fiber, plus green coffee bean extract  
20 svgs #802176 Reg. \$59.99  
**Member Price \$47.99**  
**Save \$12.00**



**Nature's Food™  
Organic Protein**  
Delivers 18g organic plant-based protein, 4g fiber, a complete amino acid profile and an enzyme and probiotic blend  
2 lbs #802177 Reg. \$59.99  
**Member Price \$47.99**  
**Save \$12.00**



**Nature's Food™  
Herbal Diet**  
Non-stimulant diet support featuring green tea, cranberry and green coffee extract  
70 ct #802179 Reg. \$54.99  
**Member Price \$44.99**  
**Save \$10.00**

## A Variety of Formulas to Support Your Goals

# Nature's Food™

Hand-selected, plant-based nutrition inspired by nature and designed to support your healthy lifestyle.

IN STORE ONLY

**GNC**  
LIVE WELL

**\$20 OFF**  
Any Nature's Food™  
Purchase of  
\$100 or More\*

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# *Performance Formulas*

Support your training and weight-management goals with powerful sports nutrition and diet products, including cutting-edge thermogenics.

Thermogenics stimulate metabolism and increase energy expenditure and calorie burn. The primary ingredient found in nearly every thermogenic is caffeine.

Plus, we have a variety of powerful performance formulas designed specifically for men's health needs.

*Check out the following pages for innovative blends to help you achieve unique results.*

**DID YOU KNOW?** Clinical studies have shown that combining caffeine with certain ingredients, such as capsaicin, niacin, ginger, EGCG and black pepper extract, can improve calorie burning.



**Best Sellers**



**PERFORMIX™ SST - Suspension Super Thermogenic Powder**

Extreme, high-energy thermogenic powder delivers intense stimulation and focus  
30 svgs #418041 Reg. \$99.99  
**Member Price \$59.99**  
**Save \$40.00**



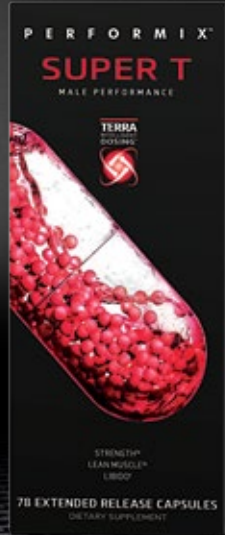
**PERFORMIX™ SST - Suspension Super Thermogenic**

Ultra-intense thermogenic supports metabolism and fuels extreme energy and mental focus  
60 ct #418040 Reg. \$99.99  
**Member Price \$59.99**  
**Save \$40.00**



**PERFORMIX™ STIMFREE**

Non-stimulant thermogenic delivers patented ingredients, including Capsimax® and Zychrome®  
78 ct #511306 Reg. \$79.99  
**Member Price \$59.99**  
**Save \$20.00**



**PERFORMIX™ SUPER T**

A male performance formula featuring a powerful blend of 10 cutting-edge ingredients, including Furosap® fenugreek and Testafuranol™, a unique extract from the plant Tribulus alatus  
78 ct #511307 Reg. \$149.99  
**Member Price \$109.99**  
**Save \$40.00**

**See It First at GNC**

# PERFORMIX™

A world-class line of supplements with breakthrough formulas featuring targeted nutrient delivery systems with TERRA™ Intelligent Dosing Technology for unparalleled results.

**IN STORE ONLY**

**GNC**  
LIVE WELL

**\$20 OFF**  
Any PERFORMIX™  
Purchase of \$100  
or More\*

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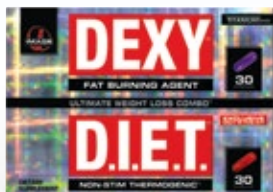




**Pro-Nutra  
Garcinia Cambogia**  
Non-stimulant, ultra-concentrated formula delivers 1500mg Garcinia cambogia to complement any weight-management program  
60 ct #488717 Reg. \$49.99  
**Member Price \$39.99**  
**Save \$10.00**



**BPI Sports B4™**  
Innovative pre-workout features a concentrated blend of energizing and calorie-burning ingredients  
30 ct #477120 Reg. \$49.99  
**Member Price \$29.99**  
**Save \$20.00**



**Image Sports  
DEXY™/D.I.E.T.™  
Stack**  
Complete diet support program containing the advanced thermogenic DEXY™ and the powerful non-stimulant D.I.E.T.™  
1 ct #483190 Reg. \$129.98  
**Member Price \$59.99**  
**Save \$69.99**



**Image Sports  
Weight Loss Whey™**  
Advanced protein blend designed to fuel performance and more  
1.72 lbs #483195 Reg. \$54.99  
**Member Price \$34.99**  
**Save \$20.00**

**Be Powerful®**

## BPI Sports

The BPI Sports family of brands is dedicated to providing unique, cutting-edge, hardcore and mainstream products to help redefine the way you train, perform and feel.

Hard-hitting, results-oriented products designed to help you achieve your fitness and physique goals.

**DID YOU KNOW?** Those looking to support their performance or diet regimen should consider adding protein, amino acids, electrolytes and antioxidants to their routine.



### Hydroxycut® SX-7™ Black Onyx™

Hardcore support with premium ingredients, including salvia, forskolin and green coffee, delivers the ultimate sensory experience

80 ct #802159 Reg. \$69.99

**Member Price \$59.99**

**Save \$10.00**



### USPlabs® EpiBURN Pro™

Innovative, scientifically reviewed formula to support metabolism featuring yohimbe and Coleus forskohlii

90 ct #419708 Reg. \$59.99

**Member Price \$39.99**

**Save \$20.00**



### SHREDZ® for Men

Intense formula designed to enhance your metabolism and increase focus to help you reach your physique goals

60 ct #510603 Reg. \$59.99

**Member Price \$49.99**

**Save \$10.00**



### SHREDZ® for Women

Powerful blend with ingredients specifically designed to support metabolism and focus to help you achieve your dream physique

60 ct #510602 Reg. \$59.99

**Member Price \$49.99**

**Save \$10.00**

## Fuel Your Training Goals

# Hot Thermogenics

Innovative and hardcore thermogenics designed for your lifestyle needs and wellness goals.

### KEY INGREDIENTS:

**Green coffee extract** features an active compound called chlorogenic acid, which may support glucose metabolism.

**Caffeine** can help support improved physical endurance activity and performance.

**TIP:** An easy way to assess your tolerance to caffeine is to compare it with a cup of coffee. For example, an 8oz cup of Starbucks® Pike Place® Roast contains around 160mg of caffeine.





### New! Cellucor® C4® 50x

Powerful energy intensifier with beta-alanine, creatine nitrate, arginine AKG and a C4 50x™ Explosion Blend with caffeine, XCELICOR™ and more

45 svgs various Reg. \$69.99

**Member Price \$62.99**

**Buy One, Get One 50% Off\***



### New! Cellucor® Super HD®

120 ct #447493 Reg. \$79.99

**Member Price \$69.99 Save \$10.00**

### New! Cellucor® P6™

180 ct #447674 Reg. \$149.99

**Member Price \$134.99 Save \$15.00**

### New! Cellucor® Alpha Amino™

50 svgs various Reg. \$59.99

**Member Price \$53.99 Save \$6.00**

**New! 4th Generation**

# Cellucor®

An award-winning industry leader committed to providing premium and innovative products with the latest and greatest advances to help you reach and exceed your goals.

IN STORE ONLY

**GNC**  
LIVE WELL

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