GNC | TOTAL LEAN™

LEAN BAR

Hunger-Satisfying, High-Protein Meal Bar

CALORIES 170 | PROTEIN 15G | FIBER 10G

SCIENTIFICALLY FORMULATED

GLUTEN FREE

5 - 48 g (1.69 oz) BARS Net Wt 240 g (8.46 oz)

Chocolate Chip
Natural Flavor

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- Convenient meal or snack
- Healthy metabolism support

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CODE 496801 KQG

Directions: As a delicious meal replacement or snack, enjoy once or twice daily in conjunction with a healthy weight management program.

Nutrition Facts

Serving Size One Bar (48 g)
Servings Per Container 5

Amount Per Serving	
Calories 170	Calories from Fat 50
	% Daily Value†
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Potassium 140mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 10g	40%
Sugars 4g	
Protein 15g	29%

Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	15%
Thiamin	15%	Riboflavin	15%
Niacin	15%	Vitamin B-6	15%
Folate	20%	Vitamin B-12	15%
Pantothenic Acid	15%	Magnesium	8%
Zinc	4%		

† Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Soy Protein Crisps (Soy Protein Isolate, Tapioca Starch, Salt), Prebiotic Dietary Vegetable Fiber, Oats, Confectioner's Coating (Sugar, Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin, Natural Vanilla Flavor), Canola Oil, Soy Protein Isolate, Maize Dextrin (Dietary Fiber), Chocolate Drops (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Natural Vanilla Extract), Vegetable Glycerine, Natural Flavors, Water, Vitamin/Mineral Blend (Potassium Citrate, Magnesium Citrate, Niacinamide [Vitamin B-3], Calcium d-Pantothenate, Pyridoxine HCl [Vitamin B-6], Riboflavin [Vitamin B-2], Thiamin Mononitrate [Vitamin B-1], Folic Acid, Biotin, Cyanocobalamin [Vitamin B-12]), Soy Lecithin, Sea Salt, Xanthan Gum, Sucralose.

CONTAINS: Soy, Milk and Peanuts.

Products manufactured in a plant that processes Soy, Wheat, Milk, Egg, Peanut and Tree Nut Products.

GF GLUTEN FREE

To ensure a complete nutritional program, use with these GNC Total Lean™ products:

- Live Lean & Fit Pak
- Lean Shake™ 25
- CLA
- L-Carnitine

Try all of the great-tasting flavors of Total Lean™ Lean Bars:

Vanilla Birthday Cake, Chocolate Peanut Butter, Blueberry Yogurt, and Strawberry Yogurt.

GNC TOTAL LEAN™ CHALLENGE

ARE YOU UP TO THE CHALLENGE?
Visit GNC.com/TLC for more information.