

GNC TOTAL LEAN®

LEAN BAR

Hunger-Satisfying, High-Protein Meal Bar

CALORIES **180** PROTEIN **15G** FIBER **7G** GLUTEN FREE



VANILLA BIRTHDAY CAKE
NATURAL FLAVOR

5 - 50 g (1.76 oz) BARS • Net Wt 250 g (8.82 oz)

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Convenient meal or snack.
Healthy metabolism support.

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GNC Total Lean® - a simple plan for living leaner:

- Meal replacements & meal and exercise plan
- Energy & metabolism support
- Cleansing & detox
- Vitamins & on-the-go snacks

For your customized Total Lean® experience, visit www.totallean.com.



CODE 496864

FTG

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

Nutrition Facts

5 Servings Per Container		One Bar (50g)			
Serving Size		Amount Per Serving			
Calories		180			
		% Daily Value*			
Total Fat	6g		8%		
Saturated Fat	2g		10%		
Trans Fat	0g				
Cholesterol	0mg		0%		
Sodium	180mg		8%		
Total Carbohydrate	23g		8%		
Dietary Fiber	7g		25%		
Total Sugars	9g				
Includes 9g Added Sugars			18%		
Protein	15g		30%		
Vitamin D	0mcg	0%	Calcium	132mg	10%
Iron	2mg	10%	Potassium	161mg	4%
Thiamin	0.2mg	15%	Riboflavin	0.3mg	25%
Niacin	3mg	20%	Vitamin B-6	0.3mg	20%
Folate	105mcg DFE (63mcg Folic Acid)	25%	Vitamin B-12	0.9mcg	40%
Biotin	47mcg	160%	Pantothenic Acid	2mg	40%
Phosphorus	153mg	10%	Magnesium	32mg	8%
Zinc	1mg	10%	Manganese	0.1mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS: Soy Protein Crisps (Soy Protein Isolate, Tapioca Starch, Salt), Soluble Corn Fiber, Rainbow Sprinkles (Sugar, Corn Syrup, Corn Cereal, Rice Flour, Palm Oil, Colors [Watermelon Juice, Beet Juice, Huito Juice, Paprika, Turmeric]), Yogurt Flavored Coating (Sucrose, Fractionated Palm Kernel Oil, Whey Powder, Nonfat Dry Milk Powder, Yogurt Powder [Cultured Whey, Nonfat Milk], Soy Lecithin [Emulsifier], Vanilla), Milk Protein Isolate, Canola Oil, Maize Dextrin (Dietary Fiber), Vegetable Glycerine, Water, Natural Flavors, 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: Milk and Soybeans.

Manufactured on equipment that also processes peanuts, wheat, egg, and tree nuts.



GLUTEN FREE