

CODE 496859

FTG

**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 (48g)**

Amount per serving

**Calories 170**

% Daily Value\*

Total Fat	6g	8%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	180mg	8%
Total Carbohydrate	21g	8%
Dietary Fiber	8g	29%
Total Sugars	5g	
Includes 5g Added Sugars		10%
Protein	15g	28%
Vitamin D	1mcg	6%
Calcium	63mg	4%
Iron	2mg	10%
Potassium	187mg	4%
Thiamin	0.2mg	15%
Riboflavin	0.3mg	25%
Niacin	3mg	20%
Vitamin B-6	0.3mg	20%
Folate	97mcg DFE (58mcg Folic Acid)	25%
Vitamin B-12	0.9mcg	40%
Biotin	44mcg	150%
Pantothenic Acid	1mg	20%
Phosphorus	122mg	10%
Magnesium	28mg	6%
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

For More Information:

1-888-462-2548

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Distributed by:

General Nutrition Corporation  
Pittsburgh, PA 15222 USA

**GNC**  
TOTAL LEAN™

Net Wt 48 g (1.69 oz)

170 CALORIES

15g PROTEIN

8g FIBER

GLUTEN FREE

LEAN BAR  
Hunger-Satisfying, High-Protein Meal Bar

CHOCOLATE PEANUT BUTTER  
NATURAL FLAVOR



**INGREDIENTS:** Soy Protein Crisps (Soy Protein Isolate, Tapioca Starch, Salt), Soluble Corn Fiber, Oats, Peanuts, Confectioner's Coating (Sugar, Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin, Vanilla), Maize Dextrin (Dietary Fiber), Soy Protein Isolate, Peanut Drops (Sugar, Palm Kernel and Palm Oil, Partially Defatted Peanut Flour, Whey Powder, Nonfat Dry Milk Solids, Peanuts, Anhydrous Dextrose, Salt, Soy Lecithin), 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]), Peanut Oil, Soy Lecithin, Carmel Color, Sea Salt, Xanthan Gum, Sucralose.

**CONTAINS: Peanuts, Milk and Soybeans.**

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



GLUTEN FREE

