

CODE 496865

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 (50g)**

Amount per serving

Calories 180

% Daily Value*

Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 15g	29%
Vitamin D 0mcg	0%
Calcium 149mg	10%
Iron 2mg	10%
Potassium 173mg	4%
Thiamin 0.2mg	15%
Riboflavin 0.3mg	25%
Niacin 3mg	20%
Vitamin B-6 0.3mg	20%
Folate 109mcg DFE (65mcg Folic Acid)	25%
Vitamin B-12 1mcg	40%
Biotin 49mcg	160%
Pantothenic Acid 2mg	40%
Phosphorus 149mg	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

For More Information:

1-888-462-2548

GNC.com

Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222 USA

GNC
TOTAL LEAN®

Net Wt 50 g (1.76 oz)

180
CALORIES

15g
PROTEIN

7g
FIBER

GLUTEN
FREE

Hunger-Satisfying, High-Protein Meal Bar

LEAN BAR

WHITE CHOCOLATE CRUNCH
NATURAL FLAVOR



INGREDIENTS: Soy Protein Crisps (Soy Protein Isolate, Tapioca Starch, Salt), Soluble Corn Fiber, Yogurt Flavored Coating (Sucrose), Fractionated Palm Kernel Oil, Whey Powder, Nonfat Dry Milk Powder, Yogurt Powder [Cultured Whey, Nonfat Milk], Soy Lecithin [Emulsifier], Vanilla, Canola Oil, Milk Protein Isolate, Oats, Maize Dextrin (Dietary Fiber), White Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Soy Lecithin, Vanilla Extract, Ground Vanilla), 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.

