

GNC
TOTAL LEAN®

LEAN BAR

Hunger-Satisfying, High-Protein Meal Bar

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



BLUEBERRY YOGURT
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 496857

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

Serving Size **One Bar (50g)**

Amount Per Serving **180**

		% Daily Value*	
Total Fat	6g		8%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	170mg		7%
Total Carbohydrate	22g		8%
Dietary Fiber	7g		25%
Total Sugars	8g		
Includes 6g Added Sugars			12%
Protein	15g		29%
Vitamin D	0mcg	0%	• Calcium 131mg 10%
Iron	2mg	10%	• Potassium 179mg 4%
Thiamin	0.2mg	15%	• Riboflavin 0.3mg 25%
Niacin	3mg	20%	• Vitamin B-6 0.3mg 20%
Folate	104mcg DFE	25%	• Vitamin B-12 0.9mcg 40%
	(62mcg Folic Acid)		
Biotin	47mcg	160%	• Pantothenic Acid 2mg 40%
Phosphorus	151mg	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, 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, Blueberries (with Apple Juice Concentrate), Maize Dextrin (Dietary Fiber), Oats, Blueberries (with Rice Flour), Vegetable Glycerine, 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]), Natural Flavors, Soy Lecithin, Sea Salt, Xanthan Gum, Sucralose.

CONTAINS: Milk and Soybeans.

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

