GNC
TOTAL LEAN®

LEAN BAR

Hunger-Satisfying, High-Protein Meal Bar

CALORIES 180 | PROTEIN 15G | FIBER 6G | GLUTEN FREE

SALTED TOFFEE

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 496868 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

Calories **180**

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 280mg	**12%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 6g	**21%**
Total Sugars 9g	
Includes 8g Added Sugars	**16%**
Protein 15g	**29%**

Vitamin D	0mcg	0%	Calcium	156mg	10%
Iron	1mg	6%	Potassium	168mg	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	151mg	10%	Magnesium	33mg	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, Caramel (Brown Rice Syrup, Sweetened Condensed Milk [Milk, Sugar], Sugar, Palm Kernel Oil. Contains less than 2% of: Natural Flavor, Disodium Phosphate, Soy Lecithin, Monoglycerides, Evaporated Milk [Milk, Disodium Phosphate, Carrageenan, Vitamin D-3]), 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, 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, Sea Salt, Soy Lecithin, Xanthan Gum, Sucralose.

Gf GLUTEN FREE

CONTAINS: Milk and Soybeans.

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