

CONTAINS: Milk, Soybeans, Tree Nuts (Almond) and Peanuts. Manufactured in a plant that processes milk, soybeans, wheat, tree nuts, peanut, egg and fish.

Distributed by:

GNC Holdings, LLC  
Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

Store at 55° F–75° F. Protect from heat, light and moisture.

For More Information:  
1-888-462-2548

GNC.com



GLUTEN  
FREE

**GNC**  
TOTAL LEAN®

CODE 496981

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

AZG-4238

## Nutrition Facts

Serving Size **One Bar (44g)**

Amount per serving

**Calories 190**

% Daily Value\*

Total Fat	10g	20%
Saturated Fat	7g	13%
Trans Fat	0g	35%
Polysaturated Fat	1g	
Monounsaturated Fat	2g	
Cholesterol	20mg	7%
Sodium	230mg	10%
Total Carbohydrate	14g	5%
Dietary Fiber	1g	4%
Total Sugars	5g	
Includes 4g Added Sugars		8%
Protein	16g	32%
Vitamin D	50mcg	0%
Calcium	50mg	4%
Iron	1mg	6%
Potassium	110mg	2%

\*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:** Whey / Protein Concentrate, Whey Protein Isolate, Soy Protein Isolate, Palm Oil, Palm Kernel Oil, Glycerin, Sugar, Bovine Collagen Hydrolyzate, Maltitol, Sorbitol, Cocoa (Processed with Alkali), Corn Syrup, Water and Less than 2%: Acetylated Monoglycerides, Almond, Baking Soda, Beta Carotene (Color), Maltodextrin, Mono & Diglycerides, Natural Flavors, Peanut, Peppermint Oil, Potassium Sorbate (Preservative), Propylene Glycol Mono Esters, Salt, Silicon Dioxide, Sodium Caseinate, Soy Lecithin, Soybean Oil, Sucralose, Sunflower Lecithin, Sunflower Oil, Tapioca Starch, Titanium Dioxide (Color), Tocopherols (Antioxidant), Vanilla Powder, Vitamin A Palmitate, Whey.

# Layered LEAN BAR

Hunger-Satisfying, High-Protein Snack Bar

CALORIES  
**190**

PROTEIN  
**16G**

GLUTEN  
FREE



**CHOCOLATE MINT**  
Natural Flavors

See nutrition information for saturated fat content

