

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

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 | 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% |
| Iron | 2mg | 10% |
| Thiamin | 0.2mg | 15% |
| Niacin | 3mg | 20% |
| Folate | 104mcg DFE (62mcg Folic Acid) | 25% |
| Biotin | 47mcg | 160% |
| Phosphorus | 151mg | 10% |
| Zinc | 1mg | 10% |
| Calcium | 131mg | 10% |
| Potassium | 179mg | 4% |
| Riboflavin | 0.3mg | 25% |
| Vitamin B-6 | 0.3mg | 20% |
| Vitamin B-12 | 0.9mcg | 40% |
| Pantothenic Acid | 2mg | 40% |
| Magnesium | 32mg | 8% |
| 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.

