

GNC
TOTAL LEAN®

LEAN BAR

Hunger-Satisfying, High-Protein Meal Bar

CALORIES
180

PROTEIN
15g

FIBER
7g

GLUTEN
FREE



STRAWBERRY 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 496858

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 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 7g Added Sugars				14%
Protein 15g				30%
Vitamin D 0mcg	0%	•	Calcium 133mg	10%
Iron 2mg	10%	•	Potassium 187mg	4%
Thiamin 0.2mg	15%	•	Riboflavin 0.3mg	25%
Niacin 3mg	20%	•	Vitamin B-6 0.3mg	20%
Folate 102mcg DFE (61mcg Folic Acid)	25%	•	Vitamin B-12 0.9mcg	40%
Biotin 46mcg	150%	•	Pantothenic Acid 2mg	40%
Phosphorus 149mg	10%	•	Magnesium 31mg	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, Maize Dextrin (Dietary Fiber), Cranberries (with Sugar), Oats, Strawberries, Vegetable Glycerine, Natural Flavors, 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]), Soy Lecithin, Sea Salt, Xanthan Gum, Citric Acid, Sucralose.

CONTAINS: Milk and Soybeans.

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

Gf

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