

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

Nutrition Facts

9 Servings Per Container
Serving Size

One Bar (44g)

Amount Per Serving

Calories

190

	% Daily Value*	
Total Fat 10g		13%
Saturated Fat 7g		35%
<i>Trans Fat</i> 0g		
Polysaturated Fat 1g		
Monounsaturated Fat 2g		
Cholesterol 20mg		7%
Sodium 300mg		13%
Total Carbohydrate 14g		5%
Dietary Fiber 1g		4%
Total Sugars 5g		8%
Includes 4g Added Sugars		8%
Protein 16g		32%
Vitamin D 0mcg	0%	Calcium 50mg 4%
Iron 1mg	6%	Potassium 40mg <1%

Calories per gram:

Fat 9

Carbohydrate 4

Protein 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.

INGREDIENTS: Whey Protein Concentrate, Vegetable Oils (Palm, Palm Kernel, Soybean), Soy Protein Isolate, Whey Protein Isolate, Vegetable Glycerin, Sugar, Bovine Collagen Hydrolysate, Maltitol, Sorbitol, Cocoa (Processed with Alkali), Corn Syrup, Water, Sunflower Oil, Natural Flavors, Salt, Tapioca Starch, Sunflower Lecithin, Maltodextrin, Propylene Glycol Mono Esters, Sodium Caseinate, Potassium Sorbate (Preservative), Baking Soda, Soy Lecithin, Mono and Diglycerides, Acetylated Monoglycerides, Whey, beta-Carotene (Color), Vitamin A Palmitate, Sucralose, Tocopherols (Preservative), Silicon Dioxide, Almond, Peanut.

CONTAINS: Milk, Soybeans, Tree Nuts (Almond) and Peanuts.

Manufactured in a plant that processes wheat, tree nuts, 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



**WHIPPED CHOCOLATE
 MOUSSE**
 NATURALLY FLAVORED WITH
 OTHER NATURAL FLAVORS



Layered LEAN BAR

Hunger-Satisfying, High-Protein Snack Bar

GLUTEN
 FREE

PROTEIN
16G

CALORIES
190

9- 44 G (1.55 OZ.) BARS • NET WT. 396 G (13.95 OZ.)

TOTAL LEAN®

GNC