

GNC
TOTAL LEAN®

NET WT. 44 G (1.55 OZ.)

CONTAINS: Milk, Soy, Almond and Peanut.

Manufactured in a plant that processes Milk, Soy, Wheat, Fish, Treenut, Peanut and Egg.

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

Layered LEAN BAR

Hunger-Satisfying, High-Protein Snack Bar

CALORIES
190

PROTEIN
16G

GLUTEN
FREE

LIMITED EDITION



PEPPERMINT MOCHA
Natural and Artificial Flavors



CODE 496974

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

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

Amount Per Serving
Calories 190

Total Fat	10%	% Daily Value
Saturated Fat	6g	30%
Trans Fat	0g	
Polysaturated Fat	1g	
Monounsaturated Fat	1g	
Cholesterol	10mg	3%
Sodium	170mg	7%
Total Carbohydrate	15g	5%
Dietary Fiber	1g	4%
Total Sugars	4g	
Includes 3g Added Sugars	6%	
Protein	16g	32%

Vitamin D 0mcg 0% • Calcium 50mg 4%
Iron 2mg 10% • Potassium 100mg 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, Vegetable Glycerin, Bone Collagen Hydrolyzate, Palm Kernel Oil, Whey Protein Isolate, Soy Protein Isolate, Palm Oil, Soy Crisps (Soy Protein Isolate, Cocoa (Processed with Alkali), Tapioca Starch), Sugar, Sorbitol, Maltitol, Cocoa (Processed with Alkali), Water, Red Flavored Pieces (Sugar, Corn Syrup, Behegmed Corn Grits (Heat Treated), Corn Starch, Palm Oil, FOD (Heat #40, Caramel Color) and Less than 2% Aestivated Monoglycerides, Almond Baking Soda, Beta-Carotene (Color), Corn Syrup, Maltodextrin, Mono & Diglycerides, Natural Flavors, Peanut, Peppermint Oil, Potassium Sorbate (Preservative), Propylene Glycol Mono Ester, Red Confectionery Coating (Sugar, Vegetable Oil (Palm Kernel Oil and Hydrogenated Palm Kernel Oil), Whole Milk Solids, Whey Powder, Nonfat Dry Milk Solids, FOD, Red Lake #40, Soy Lecithin, Salt, Artificial Flavor), Salt, Silicon Dioxide, Sunflower Lecithin, Sunflower Oil, Soybean Oil, Sucralose, Vitamin A Palmitate, Whey.