



**COOKIES & CREAM**  
Natural & Artificial Flavors

*Layered*  
**LEAN BAR**  
Hunger-Satisfying, High-Protein Snack Bar

CALORIES  
**190**

PROTEIN  
**16G**

GLUTEN  
FREE

**9 BARS - 44 G (1.55 OZ.) • NET WT. 396 G (13.97 OZ.)**

**NET WT.**  
**3.96 OZ.**

CODE 496959

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

JXG

## Nutrition Facts

9 Servings Per Container  
**Serving Size** One Bar (44g)

Amount Per Serving		% Daily Value*
<b>Calories</b>	<b>190</b>	
<b>Total Fat</b> 8g		10%
Saturated Fat 6g		30%
<i>Trans</i> Fat 0g		
Polysaturated Fat 1g		
Monounsaturated Fat 1g		
<b>Cholesterol</b> 10mg		3%
<b>Sodium</b> 160mg		7%
<b>Total Carbohydrate</b> 15g		5%
Dietary Fiber 1g		4%
Total Sugars 2g		4%
Includes 2g Added Sugars		4%
<b>Protein</b> 16g		32%
Vitamin D 0mcg	0%	Calcium 70mg 6%
Iron 2mg	10%	Potassium 130mg 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, Gelatin (Bovine), Palm Kernel Oil, Whey Protein Isolate, Soy Protein Isolate, Palm Oil, Soy Crisps (Soy Protein Isolate, Cocoa [Processed with Alkali], Tapioca Starch), Maltitol, Sorbitol, Sugar, Water, Acetylated Monoglycerides, Baking Soda, Beta Carotene (Color), Cocoa (Processed with Alkali), Corn Syrup and Less than 2%, Almond, Maltodextrin, Mono & Diglycerides, Natural Flavors, Peanut, Potassium Sorbate (Preservative), Propylene Glycol Mono Esters, Salt, Silicon Dioxide, Sodium Caseinate, Soy Lecithin, Soybean Oil, Sucralose, Sunflower Lecithin, Sunflower Oil, Titanium Dioxide (Color), Tocopherols (Preservative), Vanilla Powder, Vitamin A Palmitate, Whey.

**CONTAINS:** Milk, Soy, Almond and Peanut.

Manufactured in a plant that processes Milk, Soy, Wheat, Fish, Tree nut, 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

