



COOKIE DOUGH
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.)

® NATURAL
GNC

CODE 496961

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

Calories

190

Total Fat 9g

12%

Saturated Fat 6g

30%

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1g

Cholesterol 10mg

3%

Sodium 125mg

5%

Total Carbohydrate 14g

5%

Dietary Fiber 1g

4%

Total Sugars 3g

Includes 3g Added Sugars

6%

Protein 16g

32%

Vitamin D 0mcg • Calcium 60mg 4%

Iron 1mg 6% • Potassium 90mg 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: Soy Protein Isolate, Whey Protein Concentrate, Vegetable Glycerin, Palm Kernel Oil, Gelatin (Bovine), Whey Protein Isolate, Sugar, Sorbitol, Palm Oil, Maltitol, Chocolate Chips (Maltitol, Chocolate Liquor [Processed with Alkali] Cocoa Butter, Sorbitan Tristearate, Soy Lecithin, Vanilla), Water, Cocoa (Processed with Alkali) and less than 2%: Acetylated Monoglycerides, Almonds, Baking Soda, Beta Carotene (Color), Brown Sugar (Sugar, Molasses), Corn Syrup, Maltodextrin, Mono & Diglycerides, Natural Flavors, Paprika (Color), Peanut, Potassium Sorbate (Preservative), Propylene Glycol Mono Esters, Salt, Silicon Dioxide, Sodium Caseinate, Soy Lecithin, Soybean Oil, Sucralose, Sunflower Lecithin, Sunflower Oil, Tocopherols (Preservative), 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

