

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

Nutrition Facts

Serving Size One Bar (50 g)

Amount Per Serving

Calories 180 Calories from Fat 50

% Daily Value†

Total Fat 6g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Potassium 180mg 5%

Total Carbohydrate 21g 7%

Dietary Fiber 10g 40%

Sugars 7g

Protein 15g 30%

Vitamin A 0% • Vitamin C 2%

Calcium 15% • Iron 10%

Thiamin 15% • Riboflavin 15%

Niacin 15% • Vitamin B-6 15%

Folate 20% • Vitamin B-12 15%

Pantothenic Acid 15% • Magnesium 8%

Zinc 6%

† Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

GNC | TOTAL LEAN™

Net Wt. 50 g (1.76 oz)

GLUTEN FREE

180 CALORIES

15g PROTEIN

10g FIBER



SCIENTIFICALLY FORMULATED

Hunger-Satisfying, High-Protein Meal Bar

LEAN BAR

Ingredients: Soy Protein Crisps (Soy Protein Isolate, Tapioca Starch, Salt), Prebiotic Dietary Vegetable Fiber, Yogurt Coating (Sugar, Fractionated Palm Kernel Oil, Whey Powder, Nonfat Dry Milk Powder, Cultured Whey, Soy Lecithin, Vanilla), Milk Protein Isolate, Maize Dextrin (Dietary Fiber), Canola Oil, Dried Cranberry (with Sugar, Sunflower Oil), Oats, Freeze Dried Strawberry Powder, 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: Soy, Milk and Peanuts.

Manufactured in a plant that processes Soy, Wheat, Milk, Egg, Peanut and Tree Nut Products.



GLUTEN FREE

Strawberry Yogurt
Natural Flavor



For More Information:
1-888-462-2548

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