

CODE 496860

FTG

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 (48g)

Amount per serving

Calories 170

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 21g	8%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 15g	29%
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 2mg	10%
Potassium 158mg	4%
Thiamin 0.2mg	15%
Riboflavin 0.2mg	15%
Niacin 3mg	20%
Vitamin B-6 0.3mg	20%
Folate 95mcg DFE (57mcg Folic Acid)	25%
Vitamin B-12 0.8mcg	35%
Biotin 43mcg	140%
Pantothenic Acid 1mg	20%
Phosphorus 134mg	10%
Magnesium 28mg	6%
Zinc 1mg	10%
Manganese 0.1mg	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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

GNC TOTAL LEAN®

Net Wt 48 g (1.69 oz)

170 CALORIES

15G PROTEIN

7G FIBER

GLUTEN FREE

LEAN BAR

Hunger-Satisfying, High-Protein Meal Bar

CHOCOLATE CHIP
NATURAL FLAVOR



INGREDIENTS: Soy Protein Crisps (Soy Protein Isolate, Tapioca Starch, Salt), Soluble Corn Fiber, Oats, Confectioner's Coating (Sugar, Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin, Vanilla), Canola Oil, Soy Protein Isolate, Maize Dextrin (Dietary Fiber), Chocolate Chips (Sugar, Chocolate Liqueur, Cocoa Butter, Soy Lecithin, Vanilla Extract), 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, Sucralose.

CONTAINS: Milk and Soybeans.
Manufactured on equipment that also processes peanuts, wheat, egg, and tree nuts.



For More Information:
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