

**GNC**  
TOTAL LEAN®

# LEAN BAR

Hunger-Satisfying, High-Protein Meal Bar

CALORIES  
**180**

PROTEIN  
**15G**

FIBER  
**7G**

GLUTEN  
FREE



**BLUEBERRY YOGURT**  
NATURAL FLAVOR

5 - 50 g (1.76 oz) BARS • Net Wt 250 g (8.82 oz)

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Convenient meal or snack.  
Healthy metabolism support.

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GNC Total Lean® - a simple plan for living leaner:

- Meal replacements & meal and exercise plan
- Energy & metabolism support
- Cleansing & detox
- Vitamins & on-the-go snacks

For your customized Total Lean® experience, visit [www.totallean.com](http://www.totallean.com).



CODE 496857

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

## Nutrition Facts

5 Servings Per Container

Serving Size

One Bar (50g)

Amount Per Serving

**Calories**

**180**

		% Daily Value*
Total Fat	6g	8%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	170mg	7%
Total Carbohydrate	22g	8%
Dietary Fiber	7g	25%
Total Sugars	8g	
Includes 6g Added Sugars		12%
Protein	15g	29%
Vitamin D	0mcg	0%
Iron	2mg	10%
Thiamin	0.2mg	15%
Niacin	3mg	20%
Folate	104mcg DFE (62mcg Folic Acid)	25%
Biotin	47mcg	160%
Phosphorus	157mg	10%
Zinc	1mg	10%
Calcium	131mg	10%
Potassium	179mg	4%
Riboflavin	0.3mg	25%
Vitamin B-6	0.3mg	20%
Vitamin B-12	0.9mcg	40%
Pantothenic Acid	2mg	40%
Magnesium	32mg	8%
Manganese	0.3mg	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

**INGREDIENTS:** Soy Protein Crisps (Soy Protein Isolate, Tapioca Starch, Salt), Soluble Corn Fiber, Yogurt Flavored Coating (Sucrose, Fractionated Palm Kernel Oil, Whey Powder, Nonfat Dry Milk Powder, Yogurt Powder [Cultured Whey, Nonfat Milk], Soy Lecithin [Emulsifier], Vanilla), Milk Protein Isolate, Canola Oil, Blueberries (with Apple Juice Concentrate), Maize Dextrin (Dietary Fiber), Oats, Blueberries (with Rice Flour), Vegetable Glycerine, 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]), Natural Flavors, Soy Lecithin, Sea Salt, Xanthan Gum, Sucralose.

**CONTAINS: Milk and Soybeans.**

Manufactured on equipment that also processes peanuts, wheat, egg, and tree nuts.

**Gf**

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FREE

FTG