

**GNC**  
TOTAL LEAN®

# LEAN BAR

Hunger-Satisfying, High-Protein Meal Bar

CALORIES **170** PROTEIN **15G** FIBER **8G** GLUTEN FREE



**CHOCOLATE PEANUT BUTTER**  
NATURAL FLAVOR

5 - 48 g (1.69 oz) BARS • Net Wt 240 g (8.46 oz)

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## LEAN BAR

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 496855 FTG

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 (48g)**

Amount Per Serving		One Bar (48g)	
Calories		<b>170</b>	
		% Daily Value*	
Total Fat	6g		8%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	180mg		8%
Total Carbohydrate	21g		8%
Dietary Fiber	8g		29%
Total Sugars	5g		
Includes 5g Added Sugars			10%
Protein	15g		28%
Vitamin D	1mcg	6%	Calcium 63mg 4%
Iron	2mg	10%	Potassium 187mg 4%
Thiamin	0.2mg	15%	Riboflavin 0.3mg 25%
Niacin	3mg	20%	Vitamin B-6 0.3mg 20%
Folate	97mcg DFE (58mcg Folic Acid)	25%	Vitamin B-12 0.9mcg 40%
Biotin	44mcg	150%	Pantothenic Acid 1mg 20%
Phosphorus	122mg	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

**INGREDIENTS:** Soy Protein Crisps (Soy Protein Isolate, Tapioca Starch, Salt), Soluble Corn Fiber, Oats, Peanuts, Confectioner's Coating (Sugar, Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin, Vanilla), Maize Dextrin (Dietary Fiber), Soy Protein Isolate, Peanut Drops (Sugar, Palm Kernel and Palm Oil, Partially Defatted Peanut Flour, Whey Powder, Nonfat Dry Milk Solids, Peanuts, Anhydrous Dextrose, Salt, Soy Lecithin), Vegetable Glycerine, Water, Natural Flavors, 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]), Peanut Oil, Soy Lecithin, Caramel Color, Sea Salt, Xanthan Gum, Sucralose.

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

