

**GNC**  
TOTAL LEAN®

*Layered*

# LEAN BAR

Convenient, delicious snack  
Lean muscle support

CALORIES  
**190**

PROTEIN  
**16G**

GLUTEN  
FREE

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)



**PEANUT BUTTER PIE**  
NATURAL FLAVOR

CODE 496875

CUG

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

Nutrition Facts						
5 Servings Per Container						
Serving Size			One Bar (44g)			
Amount Per Serving						
Calories			190			
			% Daily Value*			
Total Fat 8g			10%			
Saturated Fat 4g			20%			
Trans Fat 0g						
Polyunsaturated Fat 2g						
Monounsaturated Fat 2g						
Cholesterol 20mg			7%			
Sodium 230mg			10%			
Total Carbohydrate 14g			5%			
Dietary Fiber 1g			4%			
Total Sugars 5g						
Includes 4g Added Sugars			8%			
Protein 16g			32%			
Vitamin D	0.3mcg	2%	Calcium	50mg	4%	
Iron	1mg	6%	Potassium	110mg	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:** Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Peanuts, Soy Protein Isolate, Vegetable Oils (Palm, Palm Kernel, Soybean), Vegetable Glycerin, Sugar, Gelatin, Sorbitol, Brown Rice Flour, Corn Syrup, Water, Salt, Sunflower Oil, Reduced Mineral Whey Powder, Dextrose, Natural Flavors, Soy Lecithin, Maltodextrin, Propylene Glycol Mono Esters, Sodium Caseinate, Mono and Diglycerides, Maltitol, Potassium Sorbate, Baking Soda, Acetylated Monoglycerides, Whey, beta-Carotene, Vitamin A Palmitate, Cocoa (Processed with Alkali), Sucralose, Natural Tocopherols, Silicon Dioxide, and Almond.

**CONTAINS: Milk, Soybeans, Tree Nuts (Almond) and Peanuts.**  
Manufactured in a plant that processes wheat, egg and fish.



Store at 55 °F-75 °F. Protect from heat, light and moisture.

For More Information:  
1-888-462-2548  
GNC.com

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA



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Hunger-Satisfying, High-Protein Snack Bar

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PROTEIN  
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**PEANUT BUTTER PIE**  
NATURAL FLAVOR

5- 44 g (1.55 oz) BARS  
Net Wt 220 g (7.75 oz)

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