

Directions: To supplement your daily protein requirements, consume 1-3 Pro Crunch™ Lite Bars daily.

Nutrition Facts

Serving Size 1 Bar (35g)
Servings per Container 12

Amount Per Serving

Calories 140

Calories from Fat 30

Total Fat 4g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 12g

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 10%

*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	2,400mg	2,400mg
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Soy Crisp (Contains: Non-GMO Soy Protein Isolate and Tapioca Starch), Corn Syrup, Yogurt Flavored Coating (Sugar, Palm Kernel Oil, Non Fat Dry Milk Solids, Yogurt Powder [Cultured Whey Protein Concentrate, Cultured Skim Milk, and Yogurt Culture], Soya Lecithin [an Emulsifier], Salt and Natural Flavor), Gum Arabic, Canola Oil, Raisins, Isolated Soy Protein, Glycerin, Evaporated Cane Juice, Water, Almonds, Cinnamon, Salt, Natural and Artificial Flavor, Sucralose, Soya Lecithin.

CONTAINS: Soybeans, Nuts (or tree nuts) and Milk. May Contain (or manufactured in a facility that processes) eggs, nuts and wheat.

GNC PRO PERFORMANCE®

PROCRUNCH™ LITE

12 Grams of Quality Protein

56% Fewer Calories
than Original Pro Crunch™ Bars

Natural and Artificial Flavor
Cinnamon Bun

12 - 35 G (1.2 OZ) BARS • NET WT 420 G (14.7 OZ)



STORE IN A COOL, DRY PLACE.

For more information:
1-888-462-2548
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222
Made in the USA

SHOP NOW @ GNC.COM

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