

GNC PRO PERFORMANCE®

PROCRUNCH.LITE

12 Grams of Quality Protein

56% Fewer Calories
than Original Pro Crunch™ Bars



Natural and Artificial Flavor
Chocolate Crisp

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

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CODE 114827

CHK

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 35

% Daily Value*

Total Fat 4g 8%

Saturated Fat 1 1/2g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 8%

Total Carbohydrate 14g 5%

Dietary Fiber 3g 6%

Sugars 9g

Protein 12g

Vitamin A 0% Vitamin C 0%

Calcium 10% 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 Crisps (Isolated Soy Protein, Tapioca Starch, Salt), Corn Syrup, Chocolate Flavored Coating (Sugar, Fractionated Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin, Natural Flavor), Gum Arabic, Canola Oil, Cocoa (Processed with Alkali), Glycerin, Vegetable Shortening (Partially Hydrogenated Soybean and Palm Oils, Mono- and Diglycerides), Evaporated Cane Juice, Chocolate Cookie Pieces (Wheat Flour, Sugar, Canola Oil, Cocoa (Processed with Alkali), Salt, Sodium Bicarbonate), Water, Natural and Artificial Flavors, Salt, Sucralose, Soy Lecithin.

CONTAINS: Soybeans, Milk and Wheat. May Contain (Or Processed in a Facility That Processes) Eggs and Peanuts (or Tree Nuts).

STORE IN A COOL, DRY PLACE.

For more information:
1-800-452-4544

SHOP NOW @ GNC.COM

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