

CODE 423812 ENG
Directions: Enjoy daily as a healthy breakfast or snack. For a warm, fresh-baked taste, remove bar from wrapper and microwave for 8-10 seconds. Please use caution, as the bar and icing may be HOT upon removal from microwave.

Nutrition Facts

Serving Size One Bar (50 g)

Servings Per Container 5

Amount Per Serving

Calories160

Calories from Fat35

% Daily Value†

Total Fat4 g6%

Saturated Fat2 g10%

Monounsaturated Fat1 g

Polyunsaturated Fat1 g

Trans Fat0 g

Cholesterol15 mg5%

Sodium150 mg6%

Total Carbohydrates27 g9%

Dietary Fiber10 g40%

Sugar5 g

Protein12 g

Vitamin A2%*Vitamin C0%

Calcium3%*Iron6%

† 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:2,0002,500

Total FatLess than65g80g

Sat. FatLess than20g25g

CholesterolLess than300mg300mg

SodiumLess than2,400mg2,400mg

Total Carbohydrate300g375g

Dietary Fiber25g30g

Calories per gram:

Fat 9*Carbohydrate 4*Protein 4

Ingredients: Proprietary Protein Blend (Soy Isolate, Whey Concentrate, Whey Isolate), Inulin, Oats, Margarine (Palm Oil, Water, Salt, Whey, Vegetable Monoglycerides, Soy Lecithin, Natural Butter Flavor, Citric Acid [Acidulant], Beta Carotene [Color], Vitamin A Palmitate Added), Maltitol, Vegetable Glycerin, Polydextrose, Resistant Maltodextrin, White Chocolate Compound (Sugar, Palm Kernel and Palm Oil, Non-Fat Dry Milk, Soy Lecithin [An Emulsifier], and Vanilla), Wheat Isolate, Soy Crisps, Wheat Flour, Sorbitol, Corn Syrup, Natural Flavor, Cinnamon, Baking Soda, Salt, Potassium Sorbate (as a Preservative), and Guar Gum.

CONTAINS: Soy, Milk and Wheat Products.

Manufactured in a Plant That Processes Peanut, Tree Nut, Soy, Wheat, Milk and Egg Products.

GNC GUARANTEE
If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.



SCAN &
LEARN MORE

For More Information:
1-888-462-2548
SHOP NOW @ GNC.COM
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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

GNC | TOTAL LEAN™

BREAKFAST SQUARES

WHOLESUME NUTRITION

- 160 Calories
- 12g Protein
- 10g Fiber
- Zero Trans Fat



Natural Flavors
Iced Cinnamon Bun



SCIENTIFICALLY FORMULATED

**5 BARS
50 G EACH NET WT 250 G**

BREAKFAST SQUARES

HEALTHY NUTRITION TO JUMP-START YOUR MORNING!

GNC Total Lean™ Breakfast Squares are a convenient, wholesome bar, packed with nutrients that your body needs to start the day. This isn't your ordinary breakfast bar; it is packed with 12g of muscle fueling protein and 10g of fiber to keep you fuller longer. Each breakfast square is only 160 calories and has zero trans fat, so you don't need to feel guilty while enjoying this great-tasting bar.

Try all three flavors of our great-tasting Breakfast Squares:

Iced Cinnamon Bun
Oatmeal Chocolate Chip
Strawberries & Cream