

CODE 423812 KMG
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			
Calories		160	
Calories from Fat		35	
		% Daily Value†	
Total Fat	4 g	6%	
Saturated Fat	2 g	10%	
Monounsaturated Fat	1 g		
Polysaturated Fat	1 g		
Trans Fat	0 g		
Cholesterol	15 mg	5%	
Sodium	150 mg	6%	
Total Carbohydrates	27 g	9%	
Dietary Fiber	10 g	40%	
Sugar	5 g		
Protein	12 g		
Vitamin A	2%	•	Vitamin C 0%
Calcium	3%	•	Iron 6%

† 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
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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, Icing (Sugar, Water, Vegetable Oil, Palm Kernel Oil, Corn Syrup, Soy Lecithin, Mono and Diglycerides, Pectin, Potassium Sorbate, Agar, Citric Acid, Calcium Chloride, Xanthan Gum and Salt), Wheat Isolate, Soy Crisps, Wheat Flour, Sorbitol, Corn Syrup, Natural Flavor, Cinnamon, Baking Soda, Salt, Potassium Sorbate (as a Preservative), and Guar Gum.

CONTAINS: Milk, Soybeans and Wheat.

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



SCAN &
LEARN MORE

For More Information:
1-888-462-2548
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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

^In a clinical study of 30 healthy adults (who took Appetrex Control™ one week followed by a placebo one week apart, or vice versa) food intake was reduced by nearly 10% when the subjects took Appetrex Control™ versus the placebo prior to their first meal at the start of their diet.
†In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blend in this product for six weeks experienced statistically significant improvements in markers of B vitamin and antioxidant status, as well as improvements in SF-36 Vitality and Mental Health scores compared to those taking a placebo.
*Clinically proven to increase post workout calorie burning by up to 60% for up to one hour after a workout. This double-blind, placebo-controlled, cross-over study consisted of 22 healthy men and women. Participants exercised on a treadmill on two occasions. On one occasion they took Burn 60™ before exercise and on the second, they took a placebo. The amount of calories burned during the first hour post-exercise was measured and participants burned up to 60% more calories while on Burn 60™ compared to when they took the placebo.

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.

For additional, healthy weight management support, try these scientifically formulated GNC Total Lean™ products:

- Live Lean & Fit Pak**
- A complete, healthy lifestyle vitapak program featuring a clinically studied multivitamin providing an array of ingredients that are required for energy, carbohydrate, fat and protein metabolism**
 - Boost energy, metabolism, and reduces calorie intake by 10% ^^
 - Enhanced formula includes stress defense nutrients and promotes positive mood support*

- Lean Shake™**
- Healthy meal replacement proven effective for weight loss*
 - Helps keep you feeling fuller and more satisfied so you eat less and wait longer between meals*
 - Supports lean muscle mass and a healthy metabolism*

- Burn 60™**
- Powerful thermogenic formula*
 - Boost energy & metabolism*
 - Increases calorie burning by up to 60%**

- CLA**
- A healthy fatty acid, clinically proven to improve body composition*
 - Scientifically shown to improve muscle tone*
 - Fuels energy & fat metabolism*



*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.



NEW

BREAKFAST SQUARES

WHOLESOME 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**