

Protein Bars

GET THE PROTEIN YOUR BODY NEEDS IN A DELICIOUS, HEALTHY SNACK

KEY BENEFITS

- 12g of protein to sustain your energy and satisfy your appetite
- Four mouthwatering flavours
- Perfect for healthy weight loss and an active lifestyle

PROTEIN-RICH SNACK BAR.

In today's fast-paced environment, it's not easy to get the right balance of nutrients to keep you in peak performance. When snack time comes around, many people opt for the candy machine or eat nutritionally depleted fast food.

Protein is an essential nutrient and we need to be sure we have plenty of it in our diet each day, as it provides energy and helps control hunger. It also serves as a building block for our muscles, bones, cartilage, skin, hair and blood.*

Now there is a nutritionally sound solution that will satisfy your hunger, boost your energy and indulge your taste buds. Whether you reach for Chocolate Fudge, Chocolate Coconut, Lemon or Peanut Butter, you'll get 12 grams of protein in each great-tasting protein bar.

Whether you're looking to lose weight or build muscle, reach for a Protein Bar. You'll get the protein your body needs and a great snack all in one!

- **Smart bar:** Why eat junk food with little to no nutritional value when you can enjoy a Protein Bar that doesn't just taste good, it's good for you? The label tells the whole nutritional story. From vitamin A to vitamin B12, calcium to iron, this is one "smart" bar for dieters and snackers.
- **Power through your day:** To lose weight more quickly, some dieters cut back on protein, which can actually slow down the weight-loss process. Keep your daily protein intake in the recommended range for your body composition with a delicious Protein Bar.

FAST FACTS

- High in protein.
- Scientifically formulated to provide maximum nutritional support between meals.
- Power-packed with a blend of vitamins, minerals and other essential nutrients the body needs to maintain good health.
- Delicious and satisfying so you don't feel hungry or deprived.
- Available in four flavors: Chocolate Fudge, Chocolate Coconut, Peanut Butter and Lemon.
- 14 bars per box.



Chocolate Fudge

NUTRITION FACTS

Serving Size: 1 Bar (40g)

Servings per carton: 14

	Amount per serving	%DV*	
Calories	150		
Calories from Fat	60		
Total Fat	6 g	9%	
Saturated Fat	3.5 g	18%	
Cholesterol	0 mg	0%	
Sodium	85 mg	4%	
Potassium	125 mg	4%	
Total Carbohydrate	12 g**	4%	
Dietary Fiber	3 g	12%	
Sugar	1 g		
Sugar Alcohols	5 g		
Other Carbohydrates	3 g		
Protein	12 g	24%	
Vitamin A 20%	•	Vitamin C 20%	
Calcium 15%	•	Iron 25%	
Vitamin E 20%	•	Vitamin K 20%	
Thiamin 20%	•	Riboflavin 20%	
Niacin 20%	•	Vitamin B6 20%	
Folate 20%	•	Vitamin B12 20%	
Biotin 20%	•	Pantothenic Acid 20%	
Phosphorus 20%	•	Iodine 20%	
Magnesium 15%	•	Zinc 20%	
Selenium 20%	•	Copper 20%	
Manganese 20%	•	Chromium 20%	
Molybdenum 20%			
	Calories	2,000	2,500
Total Fat	Less Than	65 g	80 g
Sat. Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2,400 mg	2,400 mg
Potassium	Less Than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g
Calories per gram:	Fat 9	Carbohydrate 4	Protein 4

*Percent Daily Values (DV) are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Suggested Serving: One or two bars per day.

Ingredients: Casein, Glycerin, Hydrogenated Starch Hydrolysate, Modified Palm and Palm Kernel Oils, Oligofructose, Soy Protein Isolate, Whey Protein Isolate, Milk Protein Concentrate, Maltitol, Cocoa Powder Processed with Alkali, Polydextrose, Natural Flavors, Water, Soy Lecithin, Contains 2 Percent or Less of Ground Almonds, Canola Oil, Unsweetened Chocolate, Milk Mineral Concentrate, Cocoa Butter, Soybean Oil, Dextrose, Mono- and Diglycerides, Potassium Lactate, Magnesium Oxide, Licorice Root Extract, Ascorbic Acid, Salt, Copper Gluconate, Ferric Orthophosphate, DL-Alpha-Tocopheryl Acetate, Maltodextrin, Biotin, Mixed Tocopherols, Sucralose (non-nutritive sweetener), Niacinamide, Zinc Oxide, Beta-Carotene, Calcium Pantothenate, Vitamin A Palmitate, Phytonadione, Pyridoxine Hydrochloride, Manganese Sulphate, Riboflavin, Thiamin Mononitrate, Potassium Iodide, Cyanocobalamin, Chromium Chloride, Folic Acid, Sodium Molybdate and Sodium Selenite.

ORDERING DETAILS

Chocolate Fudge #0247 \$16.95

Protein Bars

Lemon

NUTRITION FACTS

Serving Size: 1 Bar (40g)
Servings per carton: 14

	Amount per serving	%DV*
Calories	150	
Calories from Fat	60	
Total Fat	6 g	9%
Saturated Fat	3.5 g	18%
Cholesterol	less than 5 mg	1%
Sodium	110 mg	5%
Potassium	90 mg	3%
Total Carbohydrate	16 g**	5%
Dietary Fiber	2 g	8%
Sugar	5 g	
Suagar Alcohols	5 g	
Other Carbohydrates	4 g	
Protein	12 g	24%
Vitamin A 20%	•	Vitamin C 20%
Calcium 20%	•	Iron 25%
Vitamin E 40%	•	Vitamin K 20%
Thiamin 20%	•	Riboflavin 20%
Niacin 20%	•	Vitamin B6 20%
Folate 20%	•	Vitamin B12 20%
Biotin 20%	•	Pantothenic Acid 20%
Phosphorus 15%	•	Iodine 20%
Magnesium 15%	•	Zinc 20%
Selenium 20%	•	Copper 25%
Manganese 25%	•	Chromium 20%
Molybdenum 20%		

Ingredients: Soy Protein Isolate, Calcium Caseinate, Modified Palm and Palm Kernel Oils, Whey Protein Isolate, Sugar, Glycerin, Polydextrose, Oligofructose, Hydrogenated Starch Hydrolysate, Water, Ground Almonds, Honey, Soy Lecithin, Contains 2 Percent or Less of Canola Oil, Skim Milk Powder, Milk Mineral Concentrate, Natural Flavors, Soybean Oil, Malic Acid, Potassium Lactate, Yoghurt Solids, Citric Acid, Mono- and Diglycerides, Magnesium Oxide, Mixed Tocopherols, Potassium Sorbate, Ascorbic Acid, Copper Gluconate, Salt, Ferric Orthophosphate, Di-Alpha-Tocopheryl Acetate, Maltodextrin, Turmeric, Biotin, Sucralose (non-nutritive sweetener), Niacinamide, Zinc Oxide, Beta-Carotene, Calcium Pantothenate, Vitamin A Palmitate, Phytanadione, Pyridoxine Hydrochloride, Manganese Sulphate, Riboflavin, Thiamin Mononitrate, Potassium Iodide, Cyanocobalamin, Chromium Chloride, Folic Acid, Sodium Molybdate and Sodium Selenite.

ORDERING DETAILS

Lemon #0289 \$16.95

Chocolate Coconut

NUTRITION FACTS

Serving Size: 1 Bar (40g)
Servings per carton: 14

	Amount per serving	%DV*
Calories	150	
Calories from Fat	60	
Total Fat	7 g	11%
Saturated Fat	5 g	25%
Cholesterol	less than 5 mg	1%
Sodium	95 mg	4%
Potassium	95 mg	3%
Total Carbohydrate	15 g**	5%
Dietary Fiber	2 g	8%
Sugars	1 g	
Sugar Alcohols	10 g	
Other Carbohydrates	2 g	
Protein	12 g	24%
Vitamin A 20%	•	Vitamin C 15%
Calcium 20%	•	Iron 20%
Vitamin E 40%	•	Vitamin K 20%
Thiamin 20%	•	Riboflavin 20%
Niacin 20%	•	Vitamin B6 20%
Folate 20%	•	Vitamin B12 20%
Biotin 20%	•	Pantothenic Acid 20%
Phosphorus 15%	•	Iodine 20%
Magnesium 15%	•	Zinc 20%
Selenium 20%	•	Copper 20%
Manganese 25%	•	Chromium 20%
Molybdenum 20%		

Ingredients: Glycerin, Coconut Pieces, Whey Protein Isolate, Hydrogenated Starch Hydrolysate, Soy Protein Isolate, Polydextrose, Casein, Modified Palm and Kernel Oils, Milk Protein Concentrate, Maltitol, Oligofructose, Water, Calcium Caseinate, Contains Less Than 2 Percent of Natural Flavors, Cocoa Powder Processed with Alkali, Milk Mineral Concentrate, Soy Lecithin, Canola Oil, Mono- and Diglycerides, Soybean Oil, Dextrose, Magnesium Oxide, Potassium Lactate, Mixed Tocopherols, Potassium Sorbate, Ascorbic Acid, Copper Gluconate, Ferric Orthophosphate, Di-Alpha-Tocopheryl Acetate, Maltodextrin, Salt, Sucralose (non-nutritive sweetener), Biotin, Niacinamide, Zinc Oxide, Beta-Carotene, Calcium Pantothenate, Vitamin A Palmitate, Phytanadione, Pyridoxine Hydrochloride, Manganese Sulphate, Riboflavin, Thiamine Mononitrate, Potassium Iodide, Cyanocobalamin, Chromium Chloride, Folic Acid, Sodium Molybdate and Sodium Selenite.

ORDERING DETAILS

Chocolate Coconut #0290 \$16.95

Peanut Butter

NUTRITION FACTS

Serving Size: 1 Bar (40g)
Servings per carton: 14

	Amount per serving	%DV*
Calories	150	
Calories from Fat	50	
Total Fat	6 g	9%
Saturated Fat	2.5 g	13%
Cholesterol	0 mg	0%
Sodium	170 mg	7%
Potassium	140 mg	4%
Total Carbohydrate	16 g**	5%
Dietary Fiber	2 g	8%
Sugars	2 g	
Sugar Alcohols	11 g	
Other Carbohydrates	2 g	
Protein	12 g	24%
Vitamin A 20%	•	Vitamin C 20%
Calcium 20%	•	Iron 25%
Vitamin E 50%	•	Vitamin K 20%
Thiamin 25%	•	Riboflavin 20%
Niacin 25%	•	Vitamin B6 20%
Folate 25%	•	Vitamin B12 20%
Biotin 20%	•	Pantothenic Acid 20%
Phosphorus 20%	•	Iodine 20%
Magnesium 15%	•	Zinc 20%
Selenium 20%	•	Copper 25%
Manganese 35%	•	Chromium 20%
Molybdenum 20%		

Ingredients: Maltitol Syrup, Soy Protein Isolate, Peanut Flour, Peanut Butter (Ground Peanuts), Hydrogenated Starch Hydrolysate, Modified Palm and Palm Kernel Oils, Glycerin, Whey Protein Isolate, Casein, Milk Protein Concentrate, Maltitol, Natural Flavors, Oligofructose, Contains 2 Percent or Less of Polydextrose, Milk Mineral Concentrate, Cocoa Powder Processed with Alkali, Water, Soy Lecithin, Mono- and Diglycerides, Canola Oil, Salt, Dextrose, Potassium Lactate, Mixed Tocopherols, Soybean Oil, Magnesium Oxide, Citric Acid, Ascorbic Acid, Copper Gluconate, Ferric Orthophosphate, Di-Alpha-Tocopheryl Acetate, Maltodextrin, Biotin, Sucralose, Niacinamide, Zinc Oxide, Beta-Carotene, Calcium Pantothenate, Vitamin A Palmitate, Phytanadione, Pyridoxine Hydrochloride, Manganese Sulphate, Riboflavin, Thiamine Mononitrate, Potassium Iodide, Cyanocobalamin, Chromium Chloride, Folic Acid, Sodium Molybdate and Sodium Selenite. May contain traces of various nuts and seeds.

ORDERING DETAILS

Peanut Butter #0058 \$16.95