



The fuel you put in dictates performance

HIGH ENERGY PROTEIN BARS : 60g serving

Product description	Low GI, High Protein, High fibre bars providing a delicious snack between shifts
Ingredients	Peanut Crunch bar: Peanuts, Chocolate coating (Palm Oil, Full Cream Milk Powder, Buttermilk Powder, Cocoa Powder, Emulsifier, Soya Lecithin, Vanilla extract), IMO Prebiotic Fibre, Sorbitol, Puffed Rice, Maltitol, Golden syrup, Electrolyte blend, flavourings Berry Crunch bar: Peanuts, Chocolate coating(Sugar, Palm Oil, Full Cream Milk Powder, Buttermilk powder, Cocoa Powder, Emulsifier, Soy Lecithin, Vanilla) Soy Protein Isolate, IMO Prebiotic Fibre, Sorbitol, puffed maize , Maltitol, Sorbitol Invert Syrup, Vegetable Oil (palm kernel), Electrolytes Blend, Citric Acid, flavourings, colour.
Allergens	SOY, NUTS
Flavours available	Peanut Crunch Bar Berry Crunch Bar
Instructions for use	Use between shifts as a delicious, nutritious snack
Product advantages	✓ Gluten Free ✓ Low GI ✓ 3 - 4 hours of energy ✓ Protein rich for muscle repair ✓ Vitamin and mineral rich ✓ Fibre rich - 7.6g fibre per serving. Equivalent fibre to 3 small fruits. ✓ Prebiotics for good gut health
Indications for use	A high energy protein bar that is the perfect Low GI meal replacement that can be added to a Fatigue Pack. Use the High Energy Protein Bars to ensure stable blood glucose levels when there's not time for a meal. Being high in protein the bar is perfect for muscle repair, contains Vitamins and minerals and is high in fibre and prebiotics for improved colon function and satiety.
Storage instructions	Store in a cool dry place

HIGH ENERGY PROTEIN BAR

60g serving



Typical Nutritional Information

NUTRIENT	UNIT	60g	%NRV
Energy	kJ	1036	
Energy	kCal	247	
Protein	g	11	14
Carbohydrate	g	21.7	
Of which Sugar	g	13.3	
Total Fat	g	12.9	
Of which SFA	g	5.7	
Of which PUFA	g	4.7	
Of which MUFA	g	2.5	
Trans fats	g	0	
Fibre	g	7.6	
Sodium	mg	161	
Vitamin A	re mcg	0	0
Vitamin B1	mg	0	0
Vitamin B2	mg	0	0
Vitamin B3	mg	0	0
Vitamin B5	mg	0	0
Vitamin B6	mg	0	0
Vitamin B9	mcg	0	0
Vitamin B12	mcg	0	0
Vitamin C	mg	0	0
Vitamin D	mcg	0	0
Vitamin E	mg	0	0
Vitamin H	mcg	0	0
Calcium	mg	0	0
Chromium	mcg	0	0
Copper	mg	0	0
Iodine	mcg	0	0
Iron	mg	0	0
Magnesium	mg	0	0
Molybdenum	mcg	0	0
Phosphorous	mg	0	0
Selenium	mcg	0	0
Zinc	mg	0	0
Manganese	mg	0	0
Sodium	mg	161	
Potassium	mg	0	
Chloride	mg	0	



PROTEIN BARS

Delicious, Nutritious Supplement

A high energy protein bar that is a perfect Low GI snack that can be added to a Fatigue Pack. Use the High Energy Protein Bars to ensure stable blood sugar levels during a shift. Being high in protein the bar is ideal for muscle repair, contains vitamins and minerals and is high in fibre and prebiotics for improved colon function and satiety.

FLAVOURS

Peanut Crunch
Berry Crunch bar



CONTACT US:

for a presentation by one of our Dieticians, a quotation, or more information for your Fatigue Management Solutions

HEAD OFFICE

JOHANNESBURG

Telephone: 011 472 1922 | Sue Scharf: 082 593 0276

Email: Info@backtobasics-nutrition.com | sue@backtobasics-nutrition.com

1153 Eitemal Avenue, Florida, Extension 11, Roodepoort, 1709, South Africa

www.backtobasics-nutrition.com