



HIGH ENERGY PROTEIN BAR

Use the High Energy Protein Bars to ensure stable blood sugar levels, where time does not permit for a meal (e.g. breakfast / lunch / dinner) to be eaten.

HEALTHIER YOU. HAPPIER YOU. GET BACK TO BASICS

High energy protein snack

A high energy protein bar that is the perfect Low GI meal replacement for on the go. Great for a quick snack before sporting events or that next big meeting. Gives you the boost without the guilt.

- ✔ Low GI = stable blood sugar levels for 3-4 hours
- ✔ Balanced Meal Replacement
- ✔ High in protein for muscle repair
- ✔ High in fibre and prebiotics for improved colon function and satiety



GET YOUR ENERGY BACK

FLAVOURS

Peanut Raisin bar



Optimise your day's energy levels with the *High Energy Protein Bar*

LIFESTYLE BOOSTER ON-THE-GO

- ✓ Time-saving meal replacement
- ✓ Before school sport
- ✓ Fussy eaters
- ✓ Teen meal supplement rapid growth spurts
- ✓ Office meetings, business men and women on-the-road



EXERCISE AND TRAINING

Pre-training/workout
= improved performance

Post Workout
= maximises recovery



READ THE LABEL

TYPICAL NUTRITIONAL INFORMATION	PROTEIN BAR Per 60g
Energy (kCal)	146
Energy (kJ)	829
Protein (g)	8
Carbohydrate (g)	23
Of which total sugar (g)	9
Total Fat (g)	9.2
Saturated fat (g)	4.28
Polysaturated fat (g)	1.87
Monosaturated fat (g)	2.9
Dietary fibre (g)	6.4
Total Sodium (g)	72

Allergens:
Nuts, soy, gluten

INGREDIENTS

Sorbitol, peanut butter (nuts), Inulin, popped rice, rolled oats (Gluten), soya protein isolate (Soya) sucrose, vegetable fat and oils (palm oil, palm fruit, palm seed) hydrogenated palm kernel, emulsifiers (E492) (E322-sunflower), cocoa powder, sodium chloride, flavouring, anti-oxidant BHA E320, emulsifier (E322) (soya)

www.backtobasics-nutrition.co.za



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