

zesty lemon bar

Nutrition Facts	
1 serving per container	
Serving size	1 bar (44g)
Amount per Serving	
Calories	160
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 16g	6%
Dietary Fiber 11g	39%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 3g	
Protein 15g	28%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.7mg	4%
Potassium 40mg	0%

Ingredients: Protein blend (soy protein isolate, whey protein isolate, acid casein, **milk** protein concentrate, whey protein concentrate, dried egg white), polydextrose, fructooligosaccharide, vegetable oil (palm kernel oil, palm oil, shea oil, sunflower oil), hydrolyzed gelatin, glycerin, water, cocoa butter, natural and artificial flavors, sunflower lecithin, yogurt powder (cultured non-fat milk solids), rice starch, tapioca starch, **almonds**, citric acid, nonfat dry milk, salt, ascorbic acid, malic acid, monoglycerides, turmeric, calcium carbonate, mixed tocopherols, soy lecithin, sucralose (non-nutritive sweetener).

Contains: Soy, Milk, Egg, Almonds.
Manufactured in a facility that processes wheat, peanuts and tree nuts.



Product of Canada
P1000030V01

strawberry shortcake bar

Nutrition Facts	
1 serving per container	
Serving size	1 bar (44g)
Amount per Serving	
Calories	160
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 16g	6%
Dietary Fiber 11g	39%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 3g	
Protein 15g	28%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.8mg	4%
Potassium 40mg	0%

Ingredients: Protein blend (soy protein isolate, whey protein isolate, acid casein, **milk** protein concentrate, whey protein concentrate, dried egg white), polydextrose, fructooligosaccharide, vegetable oil (palm kernel oil, palm oil, shea oil, sunflower oil), hydrolyzed gelatin, glycerin, cocoa butter, water, natural and artificial flavors, sunflower lecithin, yogurt powder (cultured non-fat milk solids), rice starch, tapioca starch, citric acid, nonfat dry milk, salt, malic acid, beet red color, monoglycerides, calcium carbonate, **almonds**, mixed tocopherols, soy lecithin, sucralose (non-nutritive sweetener).

Contains: Soy, Milk, Egg, Almonds.
Manufactured in a facility that processes wheat, peanuts and tree nuts.



Chocolate crisp bar

Nutrition Facts	
1 serving per container	
Serving size	1 bar (45g)
Amount per Serving	
Calories	160
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 12g	43%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 3g	
Protein 15g	28%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1.4mg	8%
Potassium 90mg	2%

Ingredients: Protein blend (soy protein isolate, whey protein isolate, **milk** protein concentrate, acid casein, whey protein concentrate, dried egg white), polydextrose, fructooligosaccharide, vegetable oil (palm kernel oil, palm oil, shea oil, sunflower oil), hydrolyzed gelatin, glycerin, unsweetened chocolate, water, cocoa butter, natural and artificial flavors, cocoa powder (processed with alkali), low fat cocoa powder, sunflower lecithin, rice starch, tapioca starch, salt, monoglycerides, calcium carbonate, **almonds**, sucralose (non-nutritive sweetener), soy lecithin, mixed tocopherols (antioxidants).

Contains: Soy, Milk, Egg, Almonds.
Manufactured in a facility that processes wheat, peanuts and tree nuts.



PROTEIN BAR VARIETY BOX

nutrition information



caramel nut

fluffy vanilla

salted toffee pretzel

fluffy nutter

zesty lemon

strawberry shortcake

chocolate crisp

caramel nut bar

Nutrition Facts

Serving Size 1 bar (47g)
Servings Per Container 1

Amount/Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 140mg	6%
Potassium 95mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 7g	28%
Sugars 6g	
Sugar Alcohol 6g	
Protein 15g	29%
Vitamin A	0%
Vitamin C	0%
Calcium	8%
Iron	2%

* 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: Protein blend (milk protein isolate, acid casein, milk protein concentrate, whey protein concentrate, dried egg white), vegetable oil (palm kernel oil, palm oil, shea oil), hydrolyzed gelatin, polydextrose, glycerin, **peanuts**, sugar, maltodextrin, date juice concentrate, isomalto-oligosaccharide, sorbitol, maltitol syrup, inulin, water, organic cane invert syrup, low fat cocoa powder, natural flavors, salted butter, salt, **soy** lecithin, cream (cream, milk, cellulose gel, carrageenan, cellulose gum, sucrose), agar, sodium phosphate, mono and diglycerides, sucralose (non-nutritive sweetener), tocopherols. **Manufactured in a facility that processes wheat and tree nuts.**



fluffy vanilla bar

Nutrition Facts

Serving Size 1 bar (44g)
Servings Per Container 1

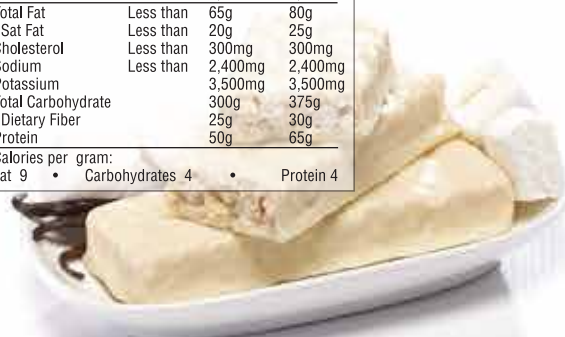
Amount/Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 30mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 9g	36%
Sugars 3g	
Sugar Alcohol 3g	
Protein 15g	28%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: Protein blend (soy protein isolate, milk protein concentrate, whey protein concentrate, dried egg white, whey protein isolate), isomalto-oligosaccharide, vegetable oil (palm kernel oil, palm oil, shea oil), polydextrose, glycerin, organic invert syrup, brown rice, water, yogurt powder (cultured non-fat milk solids), natural and artificial flavors, rice starch, tapioca starch, calcium carbonate, nonfat dry milk, agar, rice syrup, salt, soy lecithin, sucralose (non-nutritive sweetener), tocopherols. **Contains: milk, egg, soy and almond.** Manufactured in a facility that processes wheat, peanuts, and other tree nuts.



salted toffee pretzel bar

Nutrition Facts

Serving Size 1 bar (44g)
Servings Per Container 1

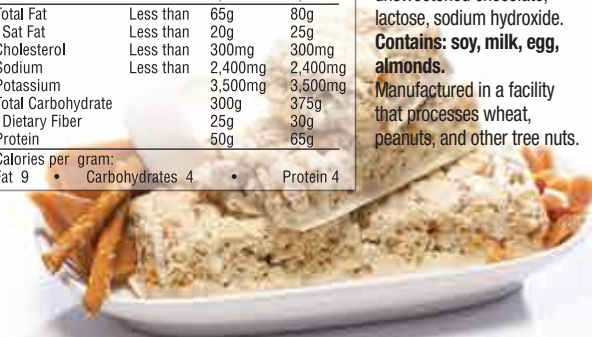
Amount/Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 240mg	10%
Potassium 10mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 8g	32%
Sugars 5g	
Sugar Alcohol 3g	
Protein 15g	29%
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	8%

* 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: Protein blend (soy protein isolate, milk protein concentrate, whey protein concentrate, dried egg white, whey protein isolate), isomalto-oligosaccharide, vegetable oil (palm kernel oil, palm oil, shea oil), polydextrose, glycerin, sugar, organic invert syrup, butter, water, tapioca starch, corn starch, soy flour, rice starch, natural and artificial flavors, sesame seeds, yogurt powder (cultured non-fat milk solids), inulin, salt, **almonds** (roasted in cocoa butter and/or sunflower oil), pea fiber, nonfat milk, agar, rice syrup, calcium carbonate, cocoa butter, soy lecithin, milk, milk fat, sucralose (non-nutritive sweetener), sunflower oil, xanthan gum, baking powder (monocalcium phosphate, sodium bicarbonate, corn starch), tocopherols, yeast, unsweetened chocolate, lactose, sodium hydroxide. **Contains: soy, milk, egg, almonds.** Manufactured in a facility that processes wheat, peanuts, and other tree nuts.



peanut butter bar

Nutrition Facts

Serving Size 1 bar (42 g)
Servings Per Container 1

Amount/Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Potassium 70mg	2%
Total Carbohydrate 16g	5%
Dietary Fiber 7g	28%
Sugars 5g	
Sugar Alcohol 3g	
Protein 16g	27%
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	8%

* 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: Protein blend (soy protein isolate, milk protein concentrate, dried egg white), isomalto-oligosaccharide, **peanuts**, glycerin, palm kernel and palm oil, sugar, partially defatted peanut flour, peanut butter, organic invert syrup, water, natural and artificial flavors, salt, rice starch, tapioca starch, calcium carbonate, reduced mineral whey powder, soy lecithin, peanut oil, agar, sucralose (non-nutritive sweetener), tocopherols. **Contains: milk, egg, soy, peanuts, and almonds.** Manufactured in a facility that processes wheat and other tree nuts.

