Chocolate flavored coating (sugar, vegetable oil [palm kernel oil, palm oil, sorbitan tristearate, TBHQ and citric acid (to preserve freshness)], whey protein isolate, cocoa [processed with alkali], natural flavor, soy lecithin), whey protein crisp (whey protein concentrate, corn starch, calcium carbonate), corn syrup, pretzel pieces (enriched wheat flour [flour, niacin (vitamin 83), reduced iron, thiamine mononitrate (vitamin B1), riboliavin (vitamin B2), folic acid] barley malt flour, salt, soybean oil), vanilla flavored creme layer (sugar, vegetable oil [palm kernel and palm oil], soybean oil, nonfat dry milk, dry whole milk, milk fat, soy lecithin, natural flavor), brown sugar, caramel (glucose syrup, sugar, palm oil, nonfat milk, glycerin, butter [cream, salt], dry whey, corn starch, salt, mono and diglycerides, natural flavor, soy lecithin), glycerin, milk protein concentrate, invert sugar, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), salt, water, baking soda, mixed tocopherols (to preserve freshness), sesame oil, natural and artificial flavor, citric acid (to preserve freshness). CONTAINS MILK, SESAME, SOY AND WHEAT INGREDIENTS. MAY CONTAIN TRACES OF PEANUT AND TREE NUTS.

smartlabel®

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THE PROTEIN BAR PROVIDER









See nutrition information for saturated fat content.

20_G PROTEIN

NET WT 2.8 OZ (80g)





PROTEIN TO HELP MUSCLES REBUILD



Nutrition	Amount/serving	% Daily Value*	Amount/serving %	Daily Value*
Facts	Total Fat 11g	14%	Total Carb. 41g	15%
Serving size 1 bar (80g)	Saturated Fat 9g	45%	Dietary Fiber <1g	3%
	Trans Fat 0g		Total Sugars 26g	
	Cholesterol 30m	ng 9%	Incl. 26g Added S	ugars 52%
Calories 350	Sodium 320mg	14%	Protein 20g	40%
	Vitamin D 0 1mcg 0% • Calcium 240mg 20% • Iron 1 2mg 6% • Potassium 200mg 4%			

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.