



Nutrition Facts

Serving size 1 Bar (69g)

Calories 250
Calories from Fat 80

Amount/serving	% Daily Value *	Amount/serving	% Daily Value *
Total Fat 9g	14%	Total Carbohydrate 32g	11%
Saturated Fat 3.5g	18%	Dietary Fiber 15g	60%
Trans Fat 0g		Sugars 7g	
Cholesterol 10mg	3%	Sugar Alcohol 5g	
Sodium 210mg	9%	Protein 20g	40%
Vitamin A 0% • Vitamin C 0% • Calcium 10% • Iron 4%			

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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

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

INGREDIENTS: Best Protein Bar™ Blend (Whey protein isolate, milk protein isolate), Isomalto-oligosaccharides, almonds, glycerine, pretzels (unbleached enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate - B1, riboflavin - B2, folic acid], malt, salt, soybean oil, and yeast), palm oil, natural and artificial flavors. Contains less than 2% of: Soy lecithin, sunflower oil, cinnamon, stevia, sugar, palm kernel oil, nonfat milk powder, whole milk powder, baking powder, calcium carbonate, salt, and sucralose.

CONTAINS: Milk, soy, tree nuts (almonds), and wheat.
MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS, AND EGG.

Rev. 01-001-BPB017 06/16



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