MUSCLETECH® RESEARCH & DEVELOPMENT

NITRO TECH™ CRUNCH

HIGH PROTEIN

22g PROTEIN

GLUTEN FREE

EXCELLENT SOURCE OF FIBER

AMERICA'S #1 SELLING

HIGH PERFORMANCE PROTEIN ENERGY BAR

NITRO-TECH® CRUNCH Bars are a gourmet, high-performance protein energy bar from MuscleTech® – America's #1 selling bodybuilding supplement brand‡. Featuring 22g of protein, 5g of fiber and gluten free, these bars offer guilty indulgence without the guilt. Since it's from MuscleTech® – the brand with over 20 years of excellence and industry-leading innovation – you know it's a formula you can trust!

Nutrition Facts

Serving Size: 1 Bar (65g)
Servings Per Container: 12

Calories 230
Calories from Fat 60

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 7g	11%	**Total Carbohydrate** 24g	8%
Saturated Fat 4g	20%	Dietary Fiber 5g	20%
Trans Fat 0g		Sugars 5g	
Cholesterol 40mg	13%	Sugar Alcohols 3g	
Sodium 570mg	24%	**Protein** 22g	44%

Vitamin A 4% • Vitamin C 2% • Calcium 6% • Iron 4%

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

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

Ingredients: Premium Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate), Isomalto-Oligosaccharides, Vegetable Glycerin, Soy Protein Isolate, Vegetable Oils (Palm, Palm Kernel and Soybean Oil), Sugar, Water, Peanut Flour, Maltitol, Cocoa (Processed with Alkali), Mono and Diglycerides, Salt, Natural Flavors, Reduced Mineral Whey Powder, Soy Lecithin, Citric Acid, Whey, Beta-Carotene, Vitamin A Palmitate, Potassium Sorbate, Tapioca Starch, Almonds. **Contains milk, soy, peanut and almond ingredients. Processed in a facility that also processes tree nuts, egg, and wheat ingredients.**

‡MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present.

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