



OPTI-BAR

HIGH PROTEIN BAR TO SUPPORT MUSCLE RECOVERY

SUGGESTED USE: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

Nutrition Facts

Serving Size 1 Bar (60g)
Servings Per Box 12

Amount Per Serving

Calories 230 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 190mg 8%

Total Carbohydrate 23g 8%

Dietary Fiber 9g 36%

Sugars 4g

Sugar Alcohol 3g

Protein 20g 40%

Vitamin A 0% Vitamin C 0%

Calcium 15% Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Isomalto-Oligosaccharide, Almond Butter, Semi-Sweet Chocolate Chips (Cane Sugar, Unsweetened Chocolate, Cocoa Butter), Glycerin, Natural Flavor, Maltodextrin, Cocoa Butter, Erythritol, Chocolate, Sea Salt, Cocoa (Processed With Alkali), Stevia Extract.

CONTAINS: MILK AND ALMONDS. MAY CONTAIN SOY.

DISTRIBUTED BY OPTIMUM NUTRITION, INC.

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