

# Nutrition Facts

Serving size **1 Bar (56g)**

Calories per serving **230**

\*The % Daily Value 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.

Amount Per Serving	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 210mg	<b>9%</b>
Calcium 140mg	10%
Iron 1mg	6%
Potassium 160mg	4%

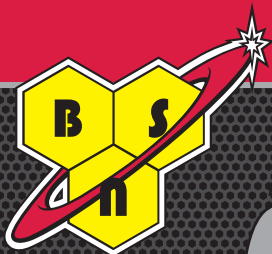
Amount Per Serving	% Daily Value*
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
Sugar Alcohol 6g	
<b>Protein</b> 20g	<b>40%</b>

Not a significant source of *trans* fat, dietary fiber, and vitamin D.



V3.694.0517US  
6042933  
PF000293R01

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



FINISH FIRST.®

# PROTEIN CRISP

PROTEIN PACKED BAR  
IRRESISTIBLE CRUNCH

NET WT  
1.97 OZ (56 G)

**20 PROTEIN** | **4 SUGAR**  
GRAMS PER BAR | GRAMS PER BAR

See nutrition facts for Sat Fat content

**PEANUT BUTTER CRUNCH FLAVOR**

Naturally & Artificially Flavored



**MAKE EVERY DAY FEEL LIKE A CHEAT DAY!**

**INGREDIENTS:** Dairy Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Milk Protein Concentrate), Isomalto-oligosaccharide, Soy Protein Isolate, Peanuts, Glycerin, Palm Kernel and Palm Oil, Tapioca Starch, Sugar, Maltitol Syrup, Partially Defatted Peanut Flour, Peanut Butter, Brown Rice, Water, Natural And Artificial Flavor, Salt, Dried Egg White, Calcium Carbonate, Reduced Mineral Whey Powder, Soy Lecithin, Peanut Oil, Agar, Rice Syrup, Sucralose, Almonds, Tocopherols, Sunflower Lecithin.

**Contains: Milk, Soy, Egg, Peanuts, and Almonds.**

Manufactured in a facility that also processes tree nuts and wheat.

**Distributed By:** Bio-Engineered Supplements & Nutrition, Inc., 3500 LACEY ROAD, SUITE 1200, DOWNERS GROVE, IL 60515 877.673.3727 • goBSN.com

Made in Canada from Domestic and Imported Ingredients.

Store in a cool, dry place.

coding area - must be a light, solid colour  
and free of text and graphics.  
zone de codage - doit être de couleur unie  
et claire, sans texte ni graphiques.