

**INGREDIENTS:** Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Soluble Corn Fiber (Prebiotic Fiber), Almonds, Water, Cocoa Butter, Natural Flavors, Erythritol, Palm Oil, Dextrin, Cocoa (Processed with Alkali), Sea Salt, Calcium Carbonate, Sunflower Lecithin, Sucralose, Coconut Oil, Xanthan Gum, Baking Soda, Steviol Glycosides (Stevia).

**CONTAINS:** Almonds, Coconut, and Milk-Derived Ingredients.

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**21g**  
PROTEIN

LESS THAN 1g SUGAR

14g FIBER

GLUTEN FREE

**QUESTBAR**<sup>®</sup>  
PROTEIN BAR  
COOKIES & CREAM  
FLAVOR

NET WT. 2.12 OZ (60g)

**4G NET CARBS**



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20g Carbs - 14g Fiber - 2g Erythritol = 4g Net Carbs

**Nutrition Facts**

Serving Size: 1 Bar (60g)  
Calories: 190  
Calories from Fat: 80

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

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
<b>Total Fat</b> 9g	<b>14%</b>	<b>Total Carbohydrate</b> 20g	<b>7%</b>
Saturated Fat 2.5g	13%	Dietary Fiber 14g	56%
Trans Fat 0g		Sugars <1g	
<b>Cholesterol</b> 5mg	<b>2%</b>	Erythritol 2g	
<b>Sodium</b> 210mg	<b>9%</b>	<b>Protein</b> 21g	<b>42%</b>
<b>Potassium</b> 115mg	<b>3%</b>		
Vitamin A 0%	Vitamin C 0%	Calcium 20%	Iron 4%
Phosphorus 10%	Magnesium 8%		

