Nutrition Facts

Serving size 1 Bar (57g)

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*	Amount Per Serving	% Daily Value*
Total Fat 5g	6%	**Total Carbohydrate** 25g	9%
Saturated Fat 4g	20%	Total Sugars 5g	
Cholesterol 10mg	3%	Includes 2g Added Sugars	4%
Sodium 200mg	9%	Sugar Alcohol 6g	
		Protein 20g	40%

Calcium 150mg 10% • Iron 1.2mg 6%

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

FPO UPC

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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.

See nutrition facts for Sat Fat content

20G PROTEIN PER BAR | 5G SUGAR PER BAR | GLUTEN FREE

BSN
FINISH FIRST.®

PROTEIN CRISP

PROTEIN PACKED BAR

IRRESISTIBLE CRUNCH

NET WT 2.01 OZ (57 G)

LIMITED EDITION SEASONAL FLAVOR!

CANDY CANE
Naturally & Artificially Flavored

MAKE EVERY DAY FEEL LIKE A CHEAT DAY!

INGREDIENTS: Milk Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Milk Protein Concentrate), Isomalto-oligosaccharide, Soy Protein Isolate, Vegetable Oil (Palm Kernel Oil, Palm Oil, Shea Oil), Glycerin, Polydextrose, Maltitol Syrup, Cane Sugar, Tapioca Starch, Natural and Artificial Flavor, Water, Corn Syrup, Low Fat Cocoa Powder, Calcium Carbonate, Rice Starch, Dried Egg White, Salt, Soy Lecithin, Agar, Sucralose, Red 40, Almonds, Tocopherols, Sunflower Lecithin.
Contains: Milk, Soy, Egg, and Almonds.
Manufactured in a facility that also processes peanuts, 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.

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.

Store in a cool, dry place.