

# 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*	Amount Per Serving	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>	<b>Total Carbohydrate</b> 23g	<b>8%</b>
Saturated Fat 4.5g	23%	Total Sugars 2g	
<b>Cholesterol</b> 15mg	<b>5%</b>	Sugar Alcohol 6g	
<b>Sodium</b> 180mg	<b>8%</b>	<b>Protein</b> 20g	<b>40%</b>
Calcium 150mg 10%	Iron 1mg 6%	Potassium 150mg 4%	

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

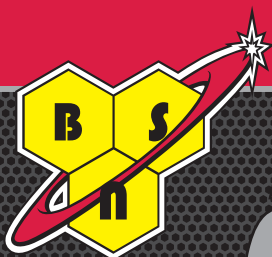


FPO UPC



V3.692.0517US  
6042931  
PF000292R01

**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** | **2 SUGAR**  
**GRAMS PER BAR** | **GRAMS PER BAR**

See nutrition facts for Sat Fat content

**VANILLA MASHMALLOW FLAVOR**  
Naturally & Artificially Flavored



## MAKE EVERY DAY FEEL LIKE A CHEAT DAY!

**INGREDIENTS:** Dairy Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Concentrate), Isomalto-oligosaccharide, Soy Protein Isolate, Vegetable Oil (Palm Kernel Oil, Palm Oil, Shea Oil), Glycerin, Polydextrose, Tapioca Starch, Maltitol Syrup, Water, Brown Rice, Natural and Artificial Flavor, Yogurt Powder (Cultured Non-Fat Milk Solids), Dried Egg White, Calcium Carbonate, Nonfat Dry Milk, Agar, Salt, Rice Syrup, Soy Lecithin, Sucralose, Tocopherols, Sunflower Lecithin.

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

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. 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 uni  
et claire, sans texte ni graphiques.