

# Nutrition Facts

12 servings per container

**Serving size**      **1 bar (60g)**

Amount per serving

**Calories**

**210**

**% Daily Value\***

**Total Fat** 10g      **13%**

Saturated Fat 6g      **30%**

*Trans* Fat 0g

**Cholesterol** less than 5mg      **1%**

**Sodium** 150mg      **7%**

**Total Carbohydrate** 21g      **8%**

Dietary Fiber 1g      **4%**

Total Sugars 1g

Includes 0g Added Sugars      **0%**

Sugar Alcohol 17g

**Protein** 20g      **36%**

Vitamin D 0.2mcg      0%

Calcium 150mg      10%

Iron 1.8mg      10%

Potassium 120mg      2%

\*The % Daily Value (DV) 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.

**INGREDIENTS:** MILK CHOCOLATE CONFECTION (MALTITOL, COCOA BUTTER, MILK, CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR), HYDROLYZED COLLAGEN, GLYCEROL, CALCIUM CASEINATE, WHEY PROTEIN ISOLATE, MALTITOL, PALM OIL, WATER, COCOA (PROCESSED WITH ALKALI), WHEAT FLOUR, WHEAT STARCH, RAPESEED OIL, POLYDEXTROSE, SALT, SOY LECITHIN, ARTIFICIAL FLAVOR, BAKING SODA, SUCRALOSE.

**EXCESS CONSUMPTION MAY HAVE A LAXATIVE EFFECT. NOT SUITABLE FOR CHILDREN UNDER THE AGE OF 14.**

**CONTAINS: WHEAT, MILK, SOY.**

**MAY CONTAIN: SOY PROTEIN, TREE NUTS.**

**MANUFACTURED FOR GRENADE (UK) LIMITED,  
BOURNVILLE PLACE, B30 2HP, UNITED KINGDOM**

**MADE IN LITHUANIA**