

Nutrition Facts

Serving Size 1 Bar (60g)
Servings Per Container 12

Amount per serving

Calories 190 **Calories from Fat** 60
% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 190mg **8%**

Total Carbohydrate 23g **8%**

Dietary Fiber 16g **64%**

Sugars 1g

Erythritol 2g

Protein 20g **40%**

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS: PROTEIN BLEND (MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), SOLUBLE CORN FIBER, ALMONDS, WATER, OATS**, UNSWEETENED CHOCOLATE, NATURAL FLAVORS, ERYTHRITOL. CONTAINS LESS THAN 2% OF THE FOLLOWING: COCOA BUTTER, SEA SALT, CINNAMON, SUNFLOWER LECITHIN, STEVIOL GLYCOSIDES (STEVIA), SUCRALOSE.

CONTAINS: MILK, ALMONDS, WHEAT**

** TRACE AMOUNTS ARE UNAVOIDABLE IN FIELD GRAINS. OATS USED IN THIS PRODUCT ARE CERTIFIED GLUTEN FREE.

PROCESSED IN A FACILITY THAT ALSO PROCESSES EGGS, PEANUTS, SOY, AND OTHER TREE NUTS.

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QUEST NUTRITION
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FOODS YOU CRAVE

WORK FOR YOU
NOT AGAINST YOU



*23g Carbs - 16g Fiber - 2g Erythritol = 5g Net Carbs

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5g NET CARBS* | 1g SUGAR | 16g FIBER PER BAR
SEE NUTRITION FACTS FOR CALORIES AND TOTAL FAT CONTENTS.

20g
PROTEIN

OATMEAL
CHOCOLATE CHIP
FLAVOR

QUEST
PROTEIN
BAR

For Illustration Only

12 — 2.12 OZ (60g) Bars NET WT 1.6 LB (720g)



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That's why we only use complete dairy-based proteins to provide your body with all nine of the essential amino acids it needs. We use custom recipes to create our own chocolate flavored chips, cookie pieces, and other inclusions to make every bite as delicious as your cravings.

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QUEST
PROTEIN
BAR

OATMEAL
CHOCOLATE CHIP
FLAVOR

20g
PROTEIN

5g NET CARBS*
1g SUGAR
16g FIBER
PER BAR



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SEE NUTRITION FACTS FOR
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