# **Protein Bar**

Individually wrapped for convenient on-the-go use. Protein Bars give you a protein boost and satisfy your hunger. These delicious snacks help support your healthy weight management and active lifestyle goals.



Over 9g of Protein

Healthy Protein
Snack Bar







# What are the key ingredients?

Whey Protein: Commonly used by athletes to accelerate muscle development and recovery.

## How does it benefit you?

- Chewy protein bar that helps sustain energy.
- No artificial sweeteners or trans fats.
- Assists in the development and maintenance of lean muscle mass.
- Available in three delicious chocolate covered flavours.
- Combines protein and carbohydrates for sustained energy release.
- Provides more than 9g of protein per bar.
- Chewy protein bar that helps sustain energy.
- No artificial sweeteners or trans fats.
- Assists in the development and maintenance of lean muscle mass.

#### How do I take it?

Enjoy one to two bars per day for nutritious snacking as part of a weight-management program.

#### Who is it suitable for?

- Those who are looking for an alternative to caloriedense snacks.
- Those who need additional protein.
- Satisfies hunger: Because the bars are high in protein, they can help stop hunger pangs and satisfy cravings.
- Snack alternative: Provides a delicious tasty treat, morning or afternoon.
- They contain plenty of protein which contributes to the growth of muscle mass.

### You might also want to try

Formula 1 Nutritional Shake Mix, Herbal Aloe Concentrate, Personalised Protein Powder and Instant Herbal Beverage.

Always read the label - use only as directed. This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise program. Not suitable for children under 15 years of age or pregnant women: should only be used under medical or dietetic supervision.

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