

# CHOCOLATE PEANUT PROTEIN BAR



## Ingredients:

Milk protein concentrate, glucose syrup, fructose syrup, milk chocolate coating (16.7 %) (sugar, cocoa butter, milk powder, cocoa liquor, emulsifier (soya lecithin), flavouring), peanut paste (10.3 %), gelatin, crisped rice, cocoa powder (0.7 %), caramel (glucose syrup, sugar), flavouring, DL-alpha-tocopherol, nicotinamide, D-calcium pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, cyanocobalamin. **CONTAINS MILK, SOYA AND PEANUTS. MAY CONTAIN TRACES OF NUTS, GLUTEN AND EGG.**

For up to date ingredient & nutritional values please refer to the label on the product.

## Nutritional Information

Serving Size: 1 Bar (35 g), Servings Per Carton: 14

	Per 35 g (1 bar)	Per 100 g	% RDA*
Energy	139 kcal (586 kJ)	397 kcal (1673 kJ)	-
Protein	10.0 g	28.0 g	-
Carbohydrate	15.0 g	44.0 g	-
of which: sugars	10.6 g	30.3 g	-
Fat	4.0 g	12.0 g	-
of which: saturates	1.8 g	5.1 g	-
Fibre	0.3 g	1.0 g	-
Sodium	0.018 g	0.051 g	-
<b>VITAMINS</b>			
Vitamin E	5.0 mg	14.2 mg	118 %
Thiamin	0.7 mg	2.0 mg	182 %
Riboflavin	0.8 mg	2.3 mg	164 %
Niacin	4.5 mg	12.9 mg	81 %
Vitamin B6	1.0 mg	2.9 mg	207 %
Vitamin B12	0.5 µg	1.43 µg	57 %
Pantothenic acid	3.0 mg	8.5 mg	142 %

\* % Recommended Daily Allowance

## Weight Management

Herbalife Protein Bars are a delicious high protein healthy snack. With approximately 140 calories\*, each Herbalife Protein Bar contains almost 10g of high quality dairy protein, which can help build lean body mass. Increasing your body's lean body mass can contribute to an increased metabolic rate.

### KEY BENEFITS

- Approx 140 kcal per bar, which is less than many conventional chocolate bars.
- A balanced combination of 10g of protein and 15g of carbohydrate.
- 10g of protein to help you build lean body mass.
- High in vitamins B1, B2, B6, vitamin E and pantothenic acid.
- Available in tasty Chocolate Peanut, Vanilla Almond and Citrus Lemon flavours.

\*Varies per flavour

### HOW CAN IT HELP YOU?

Proteins from foods like soy and dairy are termed 'complete' proteins because they contain a balance of all the essential amino acids (or building blocks) for the growth and maintenance of muscle.

### USAGE

One or two bars per day as a healthy snack.

Your Herbalife Independent Distributor is: