

PRO

# PROTEIN 50

CHOCOLATE



## QUICK INFO

LACTOSE FREE

GLUTEN FREE

ACID FREE

NO SWEETENERS

NO ARTIFICIAL COLOURS

NO PRESERVATIVES



MULTI-PROTEIN BAR WITH VITAMINS, POLYDEXTROSE AND SWEETENER, CHOCOLATE FLAVOURED.

## PRODUCT DESCRIPTION

Proteins serve a growth in muscle mass and its maintenance. Protein 50 is a multi protein bar based on 5 protein components. Thanks to its high protein content of 35 g per bar, it can replace a protein shake and is therefore a particularly appropriate source of protein to be taken on the way.

With vitamins, which contribute to normal protein and glycogen metabolism (B6), or to normal synthesis and metabolism of steroid hormones (pantothenic acid). Chromium contributes to the maintenance of normal blood glucose levels. It contains only 4.2 g of fat per bar. Protein 50 is also rich in food fibers and contains only 0.5 g of sugar kinds per bar.

## ADVANTAGES

- Only 2 g of impact carbs in a bar
- Very tasty chocolate bar with 50% of proteins
- Without choco coating
- Lactose poor

## UTILISATION

Suitable for a protein supply during phases of increased needs or in case of a protein lack. Thanks to its quickly and slowly available protein sources, this bar can ideally be taken 1-2 hours before intensive weight trainings or right after. Also appropriate as a late night snack rich in proteins.

Do not exceed recommendation of max. 2 bars per day.

## INGREDIENTS

5 protein powders (**soy** protein 19%, **wheat** protein hydrolysate 15%, gelatine 11%, **whey** protein isolate 8%, **casein** 5%), humectant glycerol, bulking agent polydextrose, palm fat, defatted cocoa 3%, cocoa mass, flavours (contains **milk**), emulsifier **soy** lecithin, sweetener sucralose, 9 vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, biotin, cyanocobalamin), chromium chloride. Excessive consumption can lead to laxative effects. May contain traces of **egg**, **nuts**, **peanuts** and **sesame** seeds.

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## FLAVOURS/PACKAGING

Chocolate      Box 20 x 70 g  
Berry-Vanilla      Box 25 x 50 g

## NUTRITION FACTS

	PER 100 G		PER BAR (70 G)	
energy kJ (kcal)	1345 (320)		941 (225)	
fat	6.5 g		4.6 g	
of which saturated fatty acids	3.0 g		2.1 g	
carbohydrates	20 g		14 g	
of which sugars	0.7 g		0.5 g	
polyols	17 g		12 g	
fibres	5.6 g		3.9 g	
proteins	50 g		35 g	
salt **	0.81 g		0.56 g	
<b>VITAMINS</b>	PER 100 G	%NRV*	PER BAR (70 G)	%NRV*
E	3.0 mg	25%	2.1 mg	18%
C	17 mg	21%	12 mg	15%
B1	0.3 mg	27%	0.2 mg	18%
B2	0.3 mg	21%	0.2 mg	15%
Niacin	4.0 mg	25%	2.8 mg	18%
B6	0.3 mg	21%	0.2 mg	15%
B12	0.6 µg	24%	0.4 µg	16%
Biotin	12 µg	24%	8.4 µg	17%
pantothenic acid	1.3 mg	22%	0.9 mg	15%
<b>MINERALS</b>	PER 100 G	% NRV *	PER BAR (70 G)	%NRV *
phosphorus	230 mg	33%	160 mg	23%
chromium	26 µg	65%	18 µg	45%

\* nutrient reference values

\*\*calculated with factor 2.5 from natural sodium 325 mg/100 g (225 mg/70 g). No additional salt added.

Produced in the Netherlands for

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