

HIGH PROTEIN CHOCO - ORANGE

HIGH PROTEIN BAR



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PACKAGING: 18 BARS, 55 g EACH

FLAVOUR: CHOCO-ORANGE

- 34% MILK PROTEIN
- EXCELLENT TASTE
- OPTIMAL DIGESTIBILITY
- COLLAGEN FREE
- HYDROGENATED FAT FREE
- WITH SUNFLOWER OIL
- WITH ISOMALTULOSE

PROTEINS CONTRIBUTE TO THE GROWTH AND MAINTENANCE OF MUSCLE MASS

RECOMMENDED FOR:

EVERYBODY

- Excellent pre-exercise and post-exercise food
- Protein food useful to keep in good shape
- Suitable as mid-morning snack
- Useful for those who train hard

INFORMATION

A good training strategy requires muscles to be properly nourished after intense training sessions. An adequate protein supply allows for the reconstruction of the lean mass potentially damaged during intense exercise, that is, it avoids the process of muscle catabolism. One of the most complex problems to deal with is that of keeping in good shape juggling work and family life. It is important to know that choosing the correct nutrition strategy enables to do sport activities with much more energy, and provides the right nutrients to regenerate muscle tissue.

Warnings: store in a cool, dry place. The expiration date applies to the product in its intact container when stored as directed.

FEATURES

High Protein (Choco-Orange) bar is a high protein food with an excellent taste and optimal digestibility. It does not contain collagen and hydrogenated fats, but is made with selected oils, such as sunflower oil. It contains 34% milk protein. Isomaltulose reduces the glycemic index and the calories of this product.

INDICATIONS

HIGH PROTEIN (Choco-Orange) bar is designed for those who train hard. The proteins contained in the product contribute to the maintenance of muscle mass. HIGH PROTEIN (Choco-Orange) bar is also an excellent solution for a quick, digestible snack before training or to nourish muscles after exercise.

HOW TO USE AND RECOMMENDED DAILY DOSE

1 bar per day, with some water, preferably after muscular exertion, or at least 1-2 hrs before exercise.

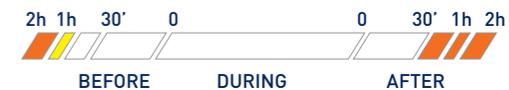
INGREDIENTS

Milk protein, chocolate 20% [sugar, cocoa mass, cocoa butter, emulsifier (soy lecithin)], hydrolysed wheat gluten, glucose syrup, sugar, humectant (glycerol), low fat cocoa 2.6%, sunflower oil, isomaltulose*, flavours, candied orange peel 0.9% [orange peel, glucose-fructose syrup, sugar, acidulant (citric acid)], emulsifier (soy lecithin), acidulant (citric acid), salt. *Isomaltulose is a source of glucose and fructose

NUTRITIONAL INFORMATION

	Per 100 g	Per bar (55 g)
Energy		
kcal	380	209
kJ	1600	880
Typical Values		
Fat	11.5 g	6.3 g
of which saturates	5.5 g	3 g
Carbohydrate	36.8 g	20.3 g
of which sugars	27.2 g	14.9 g
Fiber	2.3 g	1.3 g
Protein	33.1 g	18.2 g
Salt (Nax2.5)	0.32 g	0.18 g

WHEN TO USE HIGH PROTEIN



BEFORE

DURING

AFTER