

HIGH PROTEIN COCONUT

HIGH PROTEIN BAR



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PACKAGING: 18 BARS, 55 g EACH

- 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

FLAVOUR: COCONUT

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

INDICATIONS

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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), skimmed milk powder, sunflower oil, isomaltulose*, coconut 0,9%, flavours, 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	336	212
kJ	1624	893
Typical Values		
Fat	11.9 g	6.5 g
of which saturates	5.9 g	3.2 g
Carbohydrate	37.3 g	20.5 g
of which sugars	28.0 g	15.4 g
Fiber	1.6 g	0.9 g
Protein	33.7 g	18.5 g
Salt (Nax2.5)	0.42 g	0.23 g

WHEN TO USE HIGH PROTEIN

