

# HIGH PROTEIN

## HIGH PROTEIN BAR



### RECOMMENDED FOR

- Those looking for a snack to help them stay fit
- Those looking to integrate more protein into their diet
- Sports-people expending intense muscular effort
- Those looking for a pre or post-workout supplement

### FLAVOUR

DARK CHOCOLATE

PISTACHIO

COCONUT AND DARK CHOCOLATE

PACKAGING: 21 BARS, 45 g EACH

HIGH PROTEIN  
 HIGH FIBER  
 HIGH DIGESTIBILITY  
 GLUTEN FREE

- HIGH PROTEIN
- EASY TO DIGEST
- HIGH FIBER
- FREE OF HYDROGENATED FATS

- VEGETARIAN
- GLUTEN FREE

32%  
proteins

### INFORMATION

An effective training strategy requires that the muscles receive an adequate intake of nutrients after intense work sessions. Protein intake allows you to rebuild muscle mass that may have been damaged during training, avoiding muscle catabolism. Combine a working and family lifestyle with the sport is a complex challenge, but it is essential to understand that proper nutrition provides the energy needed to perform well physical activity and provides the essential nutrients for the regeneration of muscle tissues.

### FEATURES

The new HIGH PROTEIN bars are a food with a high protein content. They have a very pleasant taste and high digestibility. These bars do not contain collagen or hydrogenated oils and are produced using only high quality raw materials. Their composition provides 32% of milk protein and the presence of isomaltulose contributes to reduce the glycemic index and the overall caloric intake. Finally, the bars are vegetarian and gluten free.

### INDICATIONS

This new series of HIGH PROTEIN bars has been designed to meet the needs of those who dedicate themselves to sport with constancy and search for a pleasant and highly protein bar to stay in shape. They represent an ideal solution as a quick snack and are easily digestible. They are suitable before a workout or as a food to support the muscles after exercise.

The contained proteins contribute to the maintenance of muscle mass.

### HOW TO USE AND RECOMMENDED DAILY DOSE

1-2 bars per day, preferably after workout or at least 1-2 hours before physical activity.

### WHEN TO USE HIGH PROTEIN BAR



Warnings: Store in a cool, dry place.  
The expiry date refers to the product in intact package, correctly stored.

PROTEINS CONTAINED  
CONTRIBUTING TO GROWTH  
AND MAINTENANCE  
OF MUSCLE MASS.

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### INGREDIENTS DARK CHOCOLATE

Milk proteins, dark chocolate cover (cocoa paste, sugar, cocoa butter, emulsifier: soy lecithin, natural vanilla flavor) (19%), glucose syrup, syrup of fructose, isomalt-oligosaccharide (source of glucose), humidifier: sorbitol, chocolate grain (sugar, cocoa paste, cocoa butter, emulsifier: soy lecithin, natural vanilla flavouring) (3.5%) fruit-oligosaccharides, coconut oil, sunflower oil, cocoa powder, chocolate paste (cocoa, sunflower oil, emulsifier soy lecithin, flavourings), maltodextrin, cocoa butter, emulsifier: soy lecithin, flavorings. May contain traces of peanuts, sesame and nuts.

### NUTRITIONAL INFORMATION (DARK CHOCOLATE)

	Per 100 g	Per bar (45 g)
<b>Energy</b>		
kJ	1698	764
kcal	405	182
<b>Typical Value</b>		
Fat	15 g	6.8 g
of which saturates	8.3 g	3.7 g
Carbohydrate	33 g	15 g
of which Sugars	27 g	12 g
Fiber		3.2 g
Protein		14 g
Salt	0.04g	0.02 g

### INGREDIENTS PISTACHIO

Milk proteins, dark chocolate cover (cocoa paste, sugar, cocoa butter, emulsifier: soy lecithin, natural vanilla flavour) (19%), glucose syrup, fructose syrup, isomalt-oligosaccharide (source of glucose), humidifier: sorbitol, pistachio grain coated (pistachio, sugar, invert sugar, dyes: chlorophyll, curcumin) (3.5%), fructooligosaccharides, coconut oil, sunflower oil, pistachio paste (sugar, almonds, cashews, pistachios, coconut oil, corn starch, emulsifier: soy lecithin, flavourings, dyes: curcumin, chlorophyll) (1.5%), pistachios (1%), maltodextrin, cocoa butter, flavourings, emulsifier: soy lecithin, dyes: curcumin, chlorophyll. May contain traces of peanuts, eggs, sesame and nuts.

### NUTRITIONAL INFORMATION (PISTACHIO)

	Per 100 g	Per bar (45 g)
<b>Energy</b>		
kJ	1619	729
kcal	386	174
<b>Typical Value</b>		
Fat	14 g	6.3 g
of which saturates	7.5 g	3.4 g
Carbohydrate	31 g	14 g
of which Sugars	27 g	12 g
Fiber	6.3g	2.8 g
Protein	32 g	14 g
Salt	0.04g	0.02 g

### INGREDIENTS COCONUT AND DARK CHOCOLATE

Milk proteins, dark chocolate cover (cocoa paste, sugar, cocoa butter, emulsifier: soy lecithin, natural vanilla flavor) (19%), glucose syrup, syrup fructose, Rapè coconut (6%), isomalt-oligosaccharide (glucose source), humidifier: sorbitol, oil coconut, fructo-oligosaccharides, sunflower oil, maltodextrin, cocoa butter, flavourings, emulsifier: soy lecithin. May contain traces of peanuts, sesame and nuts.

### NUTRITIONAL INFORMATION (COCONUT AND DARK CHOCOLATE)

	Per 100 g	Per bar (45 g)
<b>Energy</b>		
kJ	1700	765
kcal	406	183
<b>Typical Value</b>		
Fat	16 g	7.2 g
of which saturates	10 g	4.5 g
Carbohydrate	31 g	14 g
of which Sugars	27 g	12 g
Fiber	7.1 g	3.2 g
Protein	32 g	14 g
Salt	0.04g	0.02 g

