

# FITNESS BAR

Yoghurt Cereal Flavour

**Carbohydrate bar [56 %] with vitamins. Coated with milk chocolate.****Ingredients:**

Milk chocolate (20 %) [sugar, cocoa butter, whole milk powder, cocoa mass, emulsifier lecithins (soy), flavouring], white chocolate [sugar, cocoa butter, whole milk powder, emulsifier lecithins (soy), flavouring], fructose syrup, glucose syrup, yoghurt powder (8 %), milk protein, palm fat, dextrose, protein-enriched whey powder, cornflakes (2 %) [maize, sugar, salt, malted barley extract], apricot powder (1 %), apple skin grit (0,7 %), wheat bran (0,4 %), flavouring, acid citric acid, vitamin C, pantothenic acid, vitamin E, niacin, vitamin B6, vitamin B1. May contain traces of peanuts and nuts.

Average nutritional values	per 100 g	% NRV* per 100 g	per serving [35 g]	% NRV' per serving [35 g]
<b>Energy</b>	1865 kJ 444 kcal		653 kJ 156 kcal	
<b>Fat of which saturates</b>	18 g 11 g		6,5 g 3,9 g	
<b>Carbohydrates of which sugars</b>	56 g 47 g		20 g 16 g	
<b>Protein</b>	13 g		4,5 g	
<b>Salt</b>	0,27 g		0,1 g	
<b>Vitamins</b>				
<b>Vitamin E</b>	17 mg	143 %	6,0 mg	50 %
<b>Vitamin C</b>	114 mg	143 %	40 mg	50 %
<b>Thiamine (=Vitamin B1)</b>	1,6 mg	143 %	0,55 mg	50 %
<b>Niacin</b>	23 mg	143 %	8,0 mg	50 %
<b>Vitamin B6</b>	2,0 mg	143 %	0,7 mg	50 %
<b>Pantothenic acid</b>	8,6 mg	143 %	3,0 mg	50 %

\*NRV = Nutrient Reference Values

This product does not substitute a balanced and varied diet and a healthy lifestyle.

**Use:** Take 1-2 bars per day.

Store in a cool and dry place.

Contents: 35 g (= 1 serving)