

SALTED CARAMEL

MEAL REPLACEMENT BARS

NUTRITIONAL INFORMATION

| Typical Values | Per 100 g | Per serving ‡ |
|--------------------|-----------|---------------|
| Energy | 1407 kJ | 844 kJ |
| Energy | 336 kcal | 202 kcal |
| Fat | 10 g | 6.2 g |
| of which saturates | 5.0 g | 3.0 g |
| Carbohydrate | 37 g | 22 g |
| of which sugars | 15 g | 8.9 g |
| of which polyols | 16 g | 9.8 g |
| Fibre | 7.9 g | 4.8 g |
| Protein | 26 g | 16 g |
| Salt | 1.6 g | 0.96 g |

VITAMINS (†RI = REFERENCE INTAKE)

| | Per 100 g | Per serving ‡ | % RI per serving † |
|------------------|-----------|---------------|--------------------|
| Vitamin A | 456 µg | 274 µg | 34 % |
| Vitamin D | 3.0 µg | 1.8 µg | 36 % |
| Vitamin E | 6.4 mg | 3.8 mg | 32 % |
| Vitamin K | 53 µg | 32 µg | 43 % |
| Vitamin C | 97 mg | 58 mg | 73 % |
| Thiamin | 0.62 mg | 0.37 mg | 34 % |
| Riboflavin | 0.84 mg | 0.50 mg | 36 % |
| Niacin | 9.1 mg | 5.5 mg | 34 % |
| Vitamin B6 | 0.79 mg | 0.47 mg | 34 % |
| Folic Acid | 108 µg | 64.7 µg | 32 % |
| Vitamin B12 | 1.3 µg | 0.78 µg | 31 % |
| Biotin | 28 µg | 17 µg | 33 % |
| Pantothenic Acid | 3.1 mg | 1.8 mg | 31 % |

MINERALS (†RI = REFERENCE INTAKE)

| | | | |
|------------|---------|---------|------|
| Potassium | 840 mg | 504 mg | 25 % |
| Chloride | 445 mg | 267 mg | 33 % |
| Calcium | 410 mg | 246 mg | 31 % |
| Phosphorus | 381 mg | 228 mg | 33 % |
| Magnesium | 189 mg | 114 mg | 30 % |
| Iron | 11 mg | 6.8 mg | 48 % |
| Zinc | 7.5 mg | 4.5 mg | 45 % |
| Copper | 0.92 mg | 0.55 mg | 55 % |
| Manganese | 2.2 mg | 1.3 mg | 66 % |
| Flouride | 2.5 mg | 1.5 mg | 43 % |
| Selenium | 40 µg | 24 µg | 43 % |
| Chromium | 32 µg | 19 µg | 48 % |
| Molybdenum | 40 µg | 24 µg | 48 % |
| Iodine | 107 µg | 64.3 µg | 43 % |
| Sodium | 638 mg | 383 mg | n/a |

‡ 1 serving = 1 x 60 g bar

| | | | |
|---------------|-------|-------|-----|
| Linoleic acid | 1.8 g | 1.1 g | n/a |
|---------------|-------|-------|-----|

Salted caramel flavour meal replacement bar for weight control with a milk chocolate coating, with sugar and sweetener.

INGREDIENTS: **milk** chocolate couverture (17%) (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: lecithin [**soy**]; natural vanilla flavouring), protein crisp (**soy** protein isolate, tapioca starch, stabiliser: calcium carbonate; salt), humectant (glycerol), caramel flavoured layer (11%) (humectant: glycerol; maltodextrin, oligofructose, bulking agent: maltitol; coconut oil, skimmed **milk** powder, thickeners: modified starch, xanthan gum; colour: plain caramel; emulsifier: lecithin; natural flavourings, salt), fructo-oligosaccharides, glucose syrup, **milk** protein, **soy** protein isolate, collagen peptides, vitamins & minerals (potassium, calcium, magnesium, vitamin C, iron, vitamin E, vitamin B3, zinc, vitamin A, vitamin B5, fluoride, manganese, vitamin B12, vitamin B7, chromium, iodine, vitamin D3, vitamin B9, selenium, copper, vitamin B6, vitamin B1, vitamin K, vitamin B2, molybdenum), sunflower oil, flavouring, inulin, salt, sweetener (sucralose), antioxidant (tocopherol-rich extract).

For allergens, see ingredients in bold.

May contain traces of gluten, eggs, peanuts and nuts.

TASTY BALANCED MEAL