Nutrition and ingredients

Every flavor: 20g protein, 12g fiber, 1g sugar, 0g added sugar.

Nutrition Facts

Serving size	1 bar (62g)
Calories	**250**
	% Daily Value*
Total Fat 10g	**12%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 5mg	**1%**
Sodium 230mg	**10%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 12g	**43%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 20g	**34%**
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 0.6mg	4%
Potassium 190mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Peanut Butter Chocolate Chip

1 bar · 62g · 250 calories

INGREDIENTS

Protein Blend (Milk Protein Isolate, Whey Protein Isolate, Collagen), Tapioca Fiber, Nuts (Peanuts, Almonds), Vegetable Glycerin, Peanut Flour, Unsweetened Chocolate, Allulose, Cocoa Butter, Peanut Extract, Sunflower Lecithin, Sea Salt, Monk Fruit Extract.

CONTAINS

Milk, Almonds, Peanuts.

Nutrition Facts

Serving size	1 bar (62g)
Calories	**250**
	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**1%**
Sodium 280mg	**12%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 12g	**43%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 20g	**34%**
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 0.7mg	4%
Potassium 200mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Salted Peanut Butter

1 bar · 62g · 250 calories

INGREDIENTS

Protein Blend (Milk Protein Isolate, Whey Protein Isolate, Collagen), Tapioca Fiber, Nuts (Peanuts, Almonds), Vegetable Glycerin, Peanut Flour, Cocoa Butter, Peanut Extract, Sunflower Lecithin, Sea Salt, Monk Fruit Extract.

CONTAINS

Milk, Almonds, Peanuts.

Nutrition and ingredients

Nutrition Facts

Serving size	1 bar (62g)
Calories	**250**
	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 2g	**11%**
Trans Fat 0g	
Cholesterol 5mg	**1%**
Sodium 230mg	**10%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 12g	**43%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 20g	**34%**
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 1.3mg	8%
Potassium 260mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Chocolate Peanut Butter

1 bar · 62g · 250 calories

INGREDIENTS

Protein Blend (Milk Protein Isolate, Whey Protein Isolate, Collagen), Tapioca Fiber, Nuts (Peanuts, Almonds), Vegetable Glycerin, Cocoa Powder, Peanut Flour, Unsweetened Chocolate, Sunflower Lecithin, Peanut Extract, Natural Flavors, Sea Salt, Cocoa Butter, Monk Fruit Extract.

CONTAINS

Milk, Almonds, Peanuts.

Nutrition Facts

Serving size	1 bar (62g)
Calories	**240**
	% Daily Value*
Total Fat 9g	**11%**
Saturated Fat 2g	**11%**
Trans Fat 0g	
Cholesterol 5mg	**1%**
Sodium 280mg	**12%**
Total Carbohydrate 23g	**9%**
Dietary Fiber 12g	**43%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 20g	**34%**
Vitamin D 0mcg	0%
Calcium 210mg	15%
Iron 1.5mg	8%
Potassium 260mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Chocolate Sea Salt

1 bar · 62g · 240 calories

INGREDIENTS

Protein Blend (Milk Protein Isolate, Whey Protein Isolate, Collagen), Tapioca Fiber, Nuts (Almonds, Peanuts), Vegetable Glycerin, Unsweetened Chocolate, Cocoa Powder, Allulose, Natural Flavors, Sunflower Lecithin, Sea Salt, Cocoa Butter, Monk Fruit Extract.

CONTAINS

Milk, Almonds, Peanuts.