

AMPED™ Protein Bar Cookie Dough Flavor

Nutrition Facts

Serving Size: 1 Bar (75 g)
 Servings per Container: 10

Amount per Serving

Calories 230 **Calories from Fat 50**

% Daily Value*

Total Fat 5 g	8%
Saturated Fat 1 g	5%
Cholesterol 15 mg	5%
Sodium 210 mg	9%
Potassium 120 mg	3%
Total Carbohydrate 29 g	10%
Dietary Fiber 13 g	52%
Sugars 5 g	
Sugar Alcohol 8 g	

Protein 28 g **56%**

Calcium 15% • Iron 0%

Not a significant source of *trans* fat, vitamin A and vitamin C.

*Percent Daily Values are based on a 2,000 calorie diet.
 Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: Whey protein blend (whey protein isolate, whey protein concentrate), milk protein isolate, isomaltooligosaccharides, digestion-resistant maltodextrin, glycerin, chicory root fiber, cane sugar, high-oleic sunflower oil, water, erythritol, natural flavors, almonds, natural Dutch cocoa powder, tapioca starch, sea salt, sunflower lecithin, calcium carbonate, mixed tocopherols

Contains milk & tree nut (almond) ingredients.
 Manufactured in a facility that also processes wheat, soy, peanuts, tree nuts & eggs.



SOY-FREE



GLUTEN-FREE