

# SMART BAR

## Chocolate Supreme Nutrition Bar



### A great combination of taste and quality nutrients – on the go!

The Smart Bar contains a special combination of natural carbohydrates, fats, proteins and dietary fibres, without any sugar alcohols, trans fats or artificial sweeteners, resulting in a tasty snack.

Magnesium, Calcium and Vitamin D help to maintain normal muscle function, protein contributes to the maintenance of muscle mass, and Vitamins B-12, B-2 and B-6 as well as Niacin contribute to the reduction of tiredness and fatigue. Smart Bars also contain Iron, which contributes to the transport of oxygen through the body, for example to the muscles during exercise.

Nutrition Facts			
Serving Size		1 Bar (50g)	
Servings Per Container		12	
Amount Per Serving			
<b>Calories</b>		<b>206</b>	
	% Daily Value		% Daily Value
<b>Total Fat</b> 7.8 g	<b>10%</b>	<b>Total Carbohydrates</b> 25.6 g	<b>10%</b>
Saturated Fat 3.2 g	<b>15%</b>	Dietary Fiber 5.6 g	<b>20%</b>
Trans Fat 0 g		Sugars 17.3 g	
<b>Cholesterol</b> 16 mg	<b>5%</b>	Includes 17.3 Added Sugars	<b>25%</b>
<b>Sodium</b> 120 mg	<b>5%</b>	<b>Protein</b> 11.5 g	<b>25%</b>
Vitamin D 0.5 mcg	2%	• Calcium 160 mg	15%
Potassium 235 mg	6%	• Vitamin A 80 mcg RAE	8%
Vitamin E 1.8 mg	10%	• Vitamin K 8 mcg	10%
Riboflavin 0.14 mg	10%	• Niacin 1.6 mg	8%
Folate 50 mcg DFE	8%	• Vitamin B-12 0.25 mcg	4%
Pantothenic Acid 0.6 mg	6%	• Phosphorus 147 mg	15%
Magnesium 56 mg	15%	• Zinc 1 mg	6%
Copper 0.11 mg	6%	• Manganese 0.2 mg	10%
Molybdenum 5 mcg	6%	• Iron 1.4 mg	8%
		• Vitamin C 8 mg	15%
		• Thiamine 0.11 mg	8%
		• Vitamin B-6 0.14 mg	8%
		• Biotin 4 mcg	2%
		• Iodine 15 mcg	10%
		• Selenium 5.7 mcg	8%
		• Chromium 4 mcg	4%

\*The % Daily Value (DV) 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.

INGREDIENTS: Dark Chocolate 16% (Cocoa Mass, Sugar, Cocoa Butter, Anhydrous Milk Fat, Emulsifier: Soya Lecithin, Vanilla Natural Flavoring), Milk Proteins, Apple Juice Concentrate, Oligofructose, Almond Butter, Soy Proteins, Fat-Reduced Cocoa and Cocoa Powders, Apple Puree Concentrate, Fructose Syrup, Sugar, Butter, Eggs, Chocolate 2% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Vanilla Natural Flavoring), Fructose, Dark Chocolate 1,4% (Sugar, Cocoa Mass, Cocoa Butter, Fat-Reduced Cocoa Powder, Emulsifier: Soya Lecithin, Vanilla Natural Flavoring), Wheat Flour, Minerals (Calcium Phosphate, Sodium Citrate, Magnesium Oxide, Ferrous Sulfate, Zinc Oxide, Manganese Sulfate, Chromium III Chloride, Sodium Selenite, Sodium Molybdate, Potassium Iodide), Starch, Natural Cocoa Flavoring With Other Natural Flavorings, Vitamin C (L-Ascorbic Acid), Vitamin E (DL-Alpha-Tocopheryl Acetate), Niacin (Nicotinamide), Vitamin A (Retinyl Acetate), Pantothenic Acid (Calcium D-Pantothenate), Biotin, Vitamin B12 (Cyanocobalamin), Vitamin D (Cholecalciferol), Vitamin B-6 (Pyridoxine HCl), Riboflavin (Vitamin B-2), Thiamine HCl (Vitamin B-1), Folicin, Vitamin K (Phytomenadione), Maltodextrins.

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**ALLERGY INFORMATION:** This product contains ingredients from milk, soya, eggs, tree nuts (almonds), and wheat (which may contain gluten), and may contain traces of peanuts, sulfites, sesame, lupin and nuts.

As with all nutrition products, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

**DIRECTIONS:** One Lifeplus Smart Bar, one to four times per day.

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