

# CREAMY & CRUNCHY

## HIGH PROTEIN BAR



FLAVOUR: COCOA AND HAZELNUT

- HIGH PROTEIN CONTENT (32%)
- LOW SUGAR CONTENT (4,3%)
- HIGH FIBER CONTENT (11%)
- GLUTEN FREE
- CREAMY & CRUNCHY
- EXCELLENT DIGESTIBILITY

LOW SUGAR, HIGH PROTEIN AND HIGH FIBER BAR, TOTALLY FREE OF HYDROGENATED FATS. MADE WITH A CRUNCHY WAFER FILLED WITH PROTEIN CREAM. MADE WITH HIGH QUALITY INGREDIENTS WITH EXCELLENT DIGESTIBILITY.

### INFORMATION

Good training strategy needs muscles to be well-fed following any intense activity. An adequate supply of supplementary proteins allows you to rebuild lean mass potentially damaged by intense activities and avoid the breaking down of muscle tissue. Staying fit by balancing work and family needs with the practice of sports can be incredibly difficult. The right diet will allow you to carry out physical activity while maintaining high energy levels and providing just the right nutrients for regenerating and building-up muscle tissue.

### FEATURES

**CREAMY & CRUNCHY** - Cocoa and Hazelnut - a protein bar with a crunchy wafer filled with cocoa and hazelnut cream and covered with hazelnut chocolate. It has a high protein content, extremely pleasant taste and excellent digestibility, all thanks to its top quality ingredients. Provides 32% protein. Only 4,3% sugar and an optimal amount of fiber. The product is totally free of gluten and hydrogenated fats. The **CREAMY & CRUNCHY** line is ideal for rediscovering the taste of keeping fit.

### INDICATIONS

The **CREAMY & CRUNCHY** bar is a food designed for those looking to stay fit or training intensively. The contained proteins contribute to the maintenance of muscle mass. The **CREAMY & CRUNCHY** bar is an excellent solution for a quick and easily digestible snack before training, or muscle nourishment after training.

### HOW TO USE AND RECOMMENDED DAILY DOSE

1-2 bars a day, accompanied by water. Use as needed as a hunger breaker. Ideal after intense muscular effort or at least 1 hour before physical activity.

### INGREDIENTS

Hazelnut paste (17%), milk proteins, hydrolysed collagen, high oleic sunflower oil, fructo-oligosaccharides, cocoa butter, cocoa mass, sweeteners: erythritol and steviol glycosides; whole milk powder, rice flour, potato starch, cocoa powder, emulsifier: sunflower lecithin; corn starch, vanillin, quinoa flour, raising agents: ammonium bicarbonate. *May contain traces of: eggs, soy, other nuts (pistachios), peanuts.*

### RECOMMENDED FOR

- Those looking for a snack to help them stay fit
- Those looking to integrate more protein into their diet
- Sports-people expending intense muscular effort
- Those looking for a pre or post-workout supplement

PACKAGING: 24 BARS, 30 G EACH

### WHEN TO USE CREAMY & CRUNCHY



WARNINGS: this product is intended to be used as part of a varied, balanced diet and a healthy lifestyle. Store in a cool, dry place. The expiration date applies to the product in its intact container when stored as directed.

### NUTRITIONAL INFORMATION

	Per 100 g	Per bar (30 g)
<b>Energy</b>		
kcal	491	147
kJ	2048	614
<b>Typical Values</b>		
Fat	33 g	10 g
of which saturates	9,1 g	2,7 g
Carbohydrate	16 g	4,9 g
of which Sugars	4,3 g	1,3 g
of which Polyols	5,6 g	1,7 g
Fiber	11 g	3,3 g
Protein	32 g	9,6 g
Salt	0,01 g	<0,01 g