

Nutrition Bar

A convenient and nutritious snack bar

Foods

Health Basics

- Healthy heart product*
- Low glycemic
- Oatmeal Raisin **Nutrition Bar** is dairy free†
- Peanut Butter Crunch **Nutrition Bar** is gluten free¹

Nutrition Bar Difference

- A low glycemic index promotes a more sustainable source of energy compared to high sugar snacks.*

*Those with hectic lifestyles know how difficult it can be to maintain good eating habits on the run. **Nutrition Bars** are the answer. These flavorful, low-glycemic bars provide healthy carbohydrates, proteins, and fats so you can maintain the energy you need to get through the day.*

Chocolate Fusion

Imagine an irresistible chocolate snack bar that is actually healthy! That's what you get with this delectable addition to the line of **Nutrition Bars**. A Chocolate Fusion **Nutrition Bar** contains 12 grams of protein, 3 grams of fiber, and has a low glycemic index.

Peanut Butter Crunch

With a chocolate coating and nutty center, Peanut Butter Crunch **Nutrition Bars** provide all of the benefits of soy protein with naturally occurring soy isoflavones. Soy protein contains all the essential amino acids for building a healthy body in optimal ratios and a highly digestible form.* Twenty-five grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A Peanut Butter Crunch **Nutrition Bar** contains more than 8 grams of high-quality soy protein.

Oatmeal Raisin

With the goodness of whole-grain oats, oat bran, and plump raisins, Oatmeal Raisin **Nutrition Bars** are a healthy snack that tastes like a home-baked cookie. Soluble fiber, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Low-fat diets, rich in dietary fiber, may reduce the risk of some types of cancer, a disease associated with many factors. Each Oatmeal Raisin **Nutrition Bar** has over 3 grams of dietary fiber and zero grams of trans fat.

Low-Glycemic Formula

Nutrition Bars are formulated to be low glycemic, providing greater satiety throughout the day.*



ITEM# 230



ITEM# 232



ITEM# 233

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.