

# AMPED™ Protein Bar Strawberries & Cream Flavor

## Nutrition Facts

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

**Amount per Serving**

**Calories 230**      **Calories from Fat 45**

**% Daily Value\***

<b>Total Fat</b> 5 g	<b>8%</b>
Saturated Fat 0.5 g	<b>3%</b>
<b>Cholesterol</b> 10 mg	<b>3%</b>
<b>Sodium</b> 140 mg	<b>6%</b>
<b>Potassium</b> 110 mg	<b>3%</b>
<b>Total Carbohydrate</b> 29 g	<b>10%</b>
Dietary Fiber 14 g	<b>56%</b>
Sugars 4 g	
Sugar Alcohol 9 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, high-oleic sunflower oil, water, cane sugar, erythritol, almonds, natural flavors, tapioca starch, dried strawberries, sunflower lecithin, citric acid, calcium carbonate, sea salt, malic acid, 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