

CREAMY & CRUNCHY®

HIGH PROTEIN BAR

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GUSTI:

WHITE CHOCOLATE AND HAZELNUT
COCOA AND HAZELNUT
DARK CHOCOLATE AND COCONUT

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.

- HIGH PROTEIN CONTENT
- LOW SUGAR CONTENT
- HIGH FIBER CONTENT
- GLUTEN FREE
- CREAMY & CRUNCHY
- 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 WHITE CHOCOLATE AND HAZELNUT

Hydrolyzed collagen, **milk** proteins, white chocolate (13%) [cocoa butter, whole **milk** powder, emulsifier: **soy** lecithin, sweetener: maltitol, natural vanilla flavor], **hazelnut** paste (12%), cocoa butter, High oleic sunflower oil, fructo-oligosaccharides, coconut oil, rice flour, sweeteners: erythritol - steviol glycosides, potato starch, whole **milk** powder, emulsifier: sunflower lecithin, corn starch, quinoa flour, vanillin, raising agents: baking soda - ammonium bicarbonate. May contain traces of: eggs, other nuts (pistachios), peanuts

INGREDIENTS COCOA AND HAZELNUT

Cocoa and **hazelnut** filling cream 56% [(vegetable oils and fats (sunflower, cocoa butter), **hazelnuts**, protein **milk**, hydrolyzed collagen, fructo-oligosaccharides, whole milk powder, cocoa powder, flavourings, sweeteners: erythritol, steviol glycosides, emulsifier: sunflower lecithin), milk proteins, cocoa butter, cocoa mass, flour rice, potato starch, hydrolysed collagen, **nocciole** paste (3%), whole **milk** powder, sweeteners: erythritol and steviol glycosides, fructo-oligosaccharides, emulsifier: sunflower lecithin, corn starch, high sunflower oil oleic, quinoa flour, vanillin, raising agents: baking soda - ammonium bicarbonate. May contain traces of: eggs, soy, other nuts (pistachios), peanuts.

INGREDIENTI DARK CHOCOLATE AND COCONUT

Chocolate [cocoa paste, cocoa butter, dextrin, sweetener: erythritol, inulin, oligofructose, cocoa Powder, emulsifier: **soy** lecithin, natural vanilla aroma, steviol glycosides from stevia], **milk** proteins, hydrolyzed collagen, high oleic sunflower oil, cocoa butter, fructo-oligosaccharides, white chocolate (butter cocoa, whole **milk** powder, emulsifier: **soy** lecithin; sweetener: maltitol; natural vanilla flavour), rice flour, potato starch, whole **milk** powder, rapè coconut flour (0.5%), Emulsifier: sunflower lecithin; corn starch, quinoa flour, vanilla extract, alcohol: sucralose; aroma, raising agents: baking soda sodium, ammonium bicarbonate. May contain traces of: eggs, nuts (pistachios, hazelnuts), 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

QUANDO USARE 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)
Energy		
kcal	529	159
kJ	2205	662
Typical Values		
Fat	36 g	11 g
of which saturates	15 g	4.4 g
Carbohydrate	18 g	5.4 g
of which Sugars	4.1 g	1.2 g
of which Polyols	8.7 g	2.6 g
Fiber	6.0 g	1.8 g
Protein	37 g	11 g
Salt	0.04 g	0.01 g

NUTRITIONAL INFORMATION

	Per 100 g	Per bar (30 g)
Energy		
kcal	512	154
kJ	2128	639
Typical Values		
Fat	31 g	9.3 g
of which saturates	12 g	3.6 g
Carbohydrate	23 g	6.9 g
of which Sugars	3.4 g	1.0 g
of which Polyols	5.8 g	1.7 g
Fiber	7.1 g	2.1 g
Protein	32 g	9.6 g
Salt	0.04 g	0.012 g

NUTRITIONAL INFORMATION

	Per 100 g	Per bar (30 g)
Energy		
kcal	495	149
kJ	2062	619
Typical Values		
Fat	33 g	9.9 g
of which saturates	12 g	3.6 g
Carbohydrate	14 g	4.2 g
of which Sugars	4.0 g	1.2 g
of which Polyols	4.6 g	1.4 g
Fiber	13 g	3.9 g
Protein	33 g	9.9 g
Salt	0.02 g	0.01 g