

## IsaLean™ Bar Natural Oatmeal Raisin

### NUTRITION INFORMATION

Servings per Package: 10

Serving Size: 1 Bar (60 g)

	Average Quantity per Serving	Average Quantity per 100 g
Energy	879 kJ (210 Cal)	1,465 kJ (350 Cal)
Protein	18 g	30 g
Fat, total	5 g	8 g
- saturated	3.5 g	5.8 g
Carbohydrate	28 g	47 g
- sugars	7 g	12 g
Dietary fibre, total	4 g	7 g
- insoluble	0.45 g	0.75 g
- soluble	3.3 g	5.5 g
Sodium	85 mg	142 mg
Potassium	130 mg	217 mg
Vitamin A	200 mcg	333 mcg
Vitamin C	32 mg	53 mg
Calcium	297 mg	495 mg
Iron	1 mg	1.7 mg
Vitamin D	1.4 mcg	2.3 mcg
Vitamin E	11 mg	18 mg
Thiamine	0.22 mg	0.37 mg
Riboflavin	0.26 mg	0.43 mg
Niacinamide	2.7 mg	4.5 mg
Vitamin B6	0.28 mg	0.47 mg
Folate	53 mcg	88 mcg
Vitamin B12	0.8 mcg	1.3 mcg
Biotin	40 mcg	67 mcg
Pantothenic Acid	1.4 mg	2.3 mg
Phosphorus	132 mg	220 mg
Iodine	20 mcg	33 mcg
Magnesium	62 mg	103 mg
Zinc	1.7 mg	2.8 mg
Selenium	0.76 mcg	1.27 mcg
Copper	0.23 mg	0.38 mg
Manganese	0.22 mg	0.37 mg
Chromium	0.31 mcg	0.52 mcg
Molybdenum	1.3 mcg	2.2 mcg

**Ingredients:** Protein blend [whey crisp (whey protein isolate, whey protein concentrate, tapioca starch, calcium carbonate, lecithin), calcium caseinate, whey protein isolate], brown rice syrup, yoghurt flavoured coating [maltitol, RSPO-certified sustainable fractionated palm kernel oil, calcium caseinate, milk protein concentrate, nonfat milk, yoghurt powder (cultured whey protein concentrate and cultured nonfat milk), lecithin, natural flavour], maltitol syrup, polydextrose, raisins (7%), rolled oats (7%), water, high oleic safflower oil, natural flavour, cinnamon, vitamin and mineral blend (magnesium oxide, ascorbic acid, alpha-tocopherol acetate, niacinamide, zinc oxide, copper gluconate, calcium pantothenate, ferric orthophosphate, pyridoxine hydrochloride, riboflavin, manganese sulfate, vitamin A acetate, thiamine mononitrate, folic acid, biotin, potassium iodide, sodium molybdate, vitamin D3, vitamin B12), maltodextrin

**Contains milk and soy (lecithin) ingredients.**

Manufactured in a facility that also processes peanuts, tree nuts, egg, wheat, and sesame.

