

# AMPED™ Protein Bar Chocolate Brownie Flavor

<b>Nutrition Facts</b>	
Serving Size: 1 Bar (78 g)	
Servings per Container: 10	
Amount per Serving	
<b>Calories</b> 250	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7 g	<b>11%</b>
Saturated Fat 1 g	<b>5%</b>
<b>Cholesterol</b> 15 mg	<b>5%</b>
<b>Sodium</b> 200 mg	<b>8%</b>
<b>Potassium</b> 240 mg	<b>7%</b>
<b>Total Carbohydrate</b> 30 g	<b>10%</b>
Dietary Fiber 14 g	<b>56%</b>
Sugars 5 g	
Sugar Alcohol 8 g	
<b>Protein</b> 28 g	<b>56%</b>
Calcium 15%	•
	Iron 10%
Not a significant source of <i>trans</i> 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:	
	Calories:   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, cane sugar, natural Dutch cocoa powder, water, erythritol, almonds, natural flavors, tapioca starch, sunflower lecithin, sea salt, calcium carbonate, 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