



Nutrition Bar

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

Nutrition Bars are formulated without gluten.*

Chocolate Fusion

A velvety low GI chocolate fudge bar with 12g of protein and 3g of fibre in each serve. This bar contains all natural flavours and sweeteners while offering a delicious source of sustainable energy. Each bar only contains 160 Calories.

Chocolate Fusion **Nutrition Bars** contain a concentration of both whey and soy protein and have zero grams of trans fat. They were developed for a delicious snack that everyone can enjoy including chocolate fanatics and health enthusiasts.

Peanut Butter Crunch

With an all-new softer, creamier texture and nougaty flavour, the chocolate coated New 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. A Peanut Butter Crunch **Nutrition Bar** contains over 8 grams of high-quality soy protein.

Low-Glycemic Formula

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

Using Nutrition Bars

For those on the go, ensuring a balanced intake of nutrients is as easy as keeping a supply of delicious **Nutrition Bars** handy. Peanut Butter Crunch and Chocolate Fusion **Nutrition Bars** are convenient, healthy, and nutritionally balanced.

CHOCOLATE FUSION NUTRITION BAR NUTRITION INFORMATION		
SERVINGS PER PACKAGE: 12		
SERVING SIZE: 1 BAR (41 g)		
	QUANTITY PER SERVING†	QUANTITY PER 100 g†
Energy	670 kJ (160 Cal)	1630 kJ (390 Cal)
Protein	12 g	29 g
Fat, Total	4.3 g	10.5 g
- Saturated	2.1 g	5.1 g
- Trans	0 g	0 g
- Polyunsaturated	0.4 g	1.0 g
- Monounsaturated	0.3 g	0.7 g
Cholesterol	0 mg	0 mg
Carbohydrate	20 g	49 g
- Sugars	15 g	37 g
Dietary Fibre, Total	3 g	7 g
Sodium	120 mg	290 mg
Potassium	270 mg	660 mg
† AVERAGE QUANTITIES		

Ingredients: Protein Blend (Soy Protein Isolate, Toasted Soy Pieces, Whey Protein Concentrate), Evaporated Cane Juice, Coating (Sugar, Fractionated Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Emulsifier (Soy Lecithin), Natural Flavour), Brown Rice Syrup, Cocoa Powder (processed with alkali), Natural Flavours, Inulin, Cocoa Powder, Sunflower Oil, Emulsifier (Soy Lecithin), Salt.

Product contains Soy and Milk and is produced on equipment that also processes Eggs, Wheat, Peanuts, Fish, Seeds, and Tree Nuts.

Contains 6% cocoa powder

PEANUT BUTTER CRUNCH NUTRITION BAR NUTRITION INFORMATION		
SERVINGS PER PACKAGE: 14		
SERVING SIZE: 1 BAR (39 g)		
	QUANTITY PER SERVING†	QUANTITY PER 100 g†
energy	660 kJ (160 Cal)	1690 kJ (410 Cal)
protein	10 g	26 g
fat, Total	5.1 g	13 g
- Saturated	2.2 g	5.6 g
- trans	0 g	0 g
- polyunsaturated	0.9 g	2.3 g
- Monounsaturated	1.3 g	3.3 g
cholesterol	0 mg	0 mg
carbohydrate	19 g	49 g
- sugars	15 g	38 g
Dietary Fibre, Total	1.5 g	3.8 g
- soluble Fibre	0.2 g	0.5 g
- Insoluble fibre	1.3 g	3.3 g
sodium	135 mg	346 mg
potassium	130 mg	333 mg
† AVERAGE QUANTITIES		

INGREDIENTS: Protein Blend (Soy protein isolate, Textured soy protein concentrate), Fructose, Coating (Sugar, Palm kernel oil, Cocoa, Whey powder, Nonfat milk powder, Emulsifier (Soy lecithin), Natural flavours), Evaporated cane juice, Peanuts, Humectant (Glycerine), Peanut butter, Peanut flour, Natural flavours, Soy fibre, Emulsifier (Soy lecithin).

Product contains Peanuts, Soy, and Milk and is produced on equipment that also processes Eggs, Wheat, Seeds, and Tree Nuts.

Contains 17% peanut products and 24% soy protein.

*No gluten-containing ingredients are used in this product. However, USANA **Nutrition Bars** are produced in a facility that manufactures other foods that do contain gluten.

USANA
HEALTH SCIENCES

USANA® Foods
Macronutrition

Nutrition Bar

- Are a convenient source of nutrition
- Provides sustained energy with a low-glycemic index
- Available in two delicious varieties



Chocolate Fusion Nutrition Bar

ITEM# 233



Peanut Butter Crunch Nutrition Bar

ITEM# 230

