

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



ITEM# 233

Chocolate Fusion NUTRITION BAR™



ITEM# 230

Peanut Butter Crunch NUTRITION BAR™



ITEM# 232

Oatmeal Raisin 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 flavourful, low glycemic bars are an excellent part of a balanced diet, providing healthy carbohydrates, proteins, and fats to help you maintain the energy you need to get through the day.

CHOCOLATE FUSION

Imagine an irresistible chocolate snack bar that is actually healthy! That's what you get with this delectable addition to the line of great, low-glycemic USANA® Foods. Nothing compares to this Chocolate Fusion NUTRITION BAR. It contains 12 grams of protein and has a low glycemic index. The Chocolate Fusion bar is an indulgent snack that is good for you, making it a sweet dream come true.

PEANUT BUTTER CRUNCH

With a chocolate coating and nutty centre, Peanut Butter Crunch NUTRITION BARS provide all of the benefits of soy with a guaranteed level of naturally occurring soy isoflavones. Soy protein contains all the essential amino acids for building a healthy body in optimal ratios in a highly digestible form. A Peanut Butter Crunch NUTRITION BAR contains more than 8 grams of high-quality soy protein.

OATMEAL RAISIN

With the goodness of whole-grain oats, oat bran, and raisins, the Oatmeal Raisin NUTRITION BAR is a healthy snack that tastes like a home-baked cookie. With over 6 grams of soy protein, the Oatmeal Raisin NUTRITION BAR supports heart health and also provides the benefits of dietary fibre. This wholesome

treat has more than 2 grams of dietary fibre and zero trans fat.

A healthy diet low in saturated and trans fats may reduce the risk of heart disease. NUTRITION BARS are low in saturated and free of trans fats.

Nutrition Facts / Valeur nutritive	
Per 41 g (1 Bar) / Par 41 g (1 barre)	
Servings Per Container 12 / Portions par contenant 12	
Amount / Teneur	% DV* / % VQ*
Calories / Calories 160 (670 kJ)	
Fat / Lipides 4.5 g	7 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	0 %
Sodium / Sodium 120 mg	5 %
Potassium / Potassium 270 mg	8 %
Carbohydrate / Glucides 20 g	7 %
Fibre / Fibres 0.5 g	2 %
Sugars / Sucres 15 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	12 %

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, Soy Lecithin [émulsifiant], Natural Flavour), Brown Rice Syrup, Cocoa Powder (processed with Alkali), Natural Flavours, Inulin, Cocoa Powder, Sunflower Oil, Soy Lecithin, Salt.

Ingredients : Mélange de protéines (isolat de protéine de soya, morceaux de soya rôtis, concentré de protéine de lactosérum), jus de canne évaporé, enrobage (sucre, huile de palmiste fractionnée, poudre de cacao, poudre de lactosérum, poudre de lait écrémé, lécithine de soya [émulsifiant], arôme naturel), sirop de riz brun, poudre de cacao (traitée à l'alcali), arômes naturels, inuline, poudre de cacao, huile de tournesol, lécithine de soya, sel.

Contains: Soybeans and Milk. Produced on equipment that also processes Eggs, Wheat, Peanuts, Fish, and Tree Nuts. / **Le produit renferme :** soya, lait – Fabriqué avec de l'équipement servant aussi pour des produits contenant : oeufs, blé, arachides, poisson et noix.

Nutrition Facts / Valeur nutritive

Per 39 g (1 Bar) / Par 39 g (1 barre)
Servings Per Container 14 / Portions par contenant 14

Amount / Teneur	% DV* / % VQ*
Calories / Calories 160 (670 kJ)	
Fat / Lipides 5 g	8 %
Saturated / saturés 2 g	11 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	2 %
Sodium / Sodium 135 mg	6 %
Potassium / Potassium 130 mg	4 %
Carbohydrate / Glucides 19 g	6 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 15 g	
Protein / Protéines 10 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	15 %

* DV = Daily Value / VQ = Valeur Quotidienne

Ingredients: Protein Blend (Soy Protein Isolate, Textured Soy Protein Concentrate), Fructose, Coating (Sugar, Fractionated Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin [émulsifiant], Natural Flavour), Evaporated Cane Juice, Peanuts, Glycerin, Peanut Butter, Peanut Flour, Natural Flavour, Ground Soy Cotyledon Fibre, Soy Lecithin. **Ingredients :** Mélange de protéines (isolat de protéine de soya, concentré de protéine végétale texturée), fructose, enrobage (sucre, huile de palmiste fractionnée, poudre de cacao, poudre de lactosérum, poudre de lait écrémé, lécithine de soya [émulsifiant], arôme naturel), jus de canne évaporé, arachides, glycérine, beurre d'arachides, farine d'arachides, arôme naturel, fibres de cotylédon de soya moulues, lécithine de soya.

Contains: Peanuts, Soy, and Milk and is produced on equipment that also processes Eggs, Wheat, Seeds, and Tree Nuts. / **Le produit renferme :** Arachides, soya, lait – Fabriqué avec de l'équipement servant aussi pour des produits contenant : oeufs, blé, graines et noix.

Nutrition Facts / Valeur nutritive

Per 1 bar (55 g) / par 1 tablette (55 g)
Servings Per Container 14 / Portions par contenant 14

Amount / Teneur	% DV* / % VQ*
Calories / Calories 190 (795 kJ)	
Fat / Lipides 3 g	5 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 190 mg	8 %
Potassium / Potassium 350 mg	10 %
Carbohydrate / Glucides 32 g	11 %
Fibre / Fibres 2g	8 %
Sugars / Sucres 14 g	
Sugars Alcohols / Polyalcools 6 g	
Protein / Protéines 10 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	4 %
Iron / Fer	12 %

* DV = Daily Value / VQ = Valeur Quotidienne

Ingredients: Soy protein isolate, Plum purée (Dried plums, water), Maltitol syrup, Dehulled roasted soybeans, Wheat flour, Fructose, Maltitol, Soy butter (Soybeans, soybean oil, salt), Evaporated cane juice, Cellulose powder, Glycerin, Dried cranberries (Cranberries, sugar, cranberry juice concentrate), Oat bran, Rolled oats, Dried blueberries (Whole wild blueberries, high fructose corn syrup), Soy crisp rice (Soy protein isolate, rice flour, malt extract), Wheat protein concentrate, Flaxmeal, Natural flavours, Freeze-dried raspberries, Sodium bicarbonate, Citric acid, Dipotassium phosphate, Mono- and di-glycerides, Cornstarch, Gelatin, High fructose corn syrup. **May contain traces of peanuts.**

Ingredients : Isolat de protéine de soya, coulis de prunes (prunes séchées, eau), sirop de maltitol, graines de soya rôties décortiquées, farine de blé, fructose, maltitol, beurre de soya (fèves de soya, huile de soya, sel), jus de canne à sucre (vesou) évaporé, cellulose en poudre, glycérine, canneberges séchées (canneberges, sucre, concentré de jus de canneberge), son d'avoine, flocons d'avoine, bleuets séchés (bleuets sauvages entiers, sirop de maïs), riz de soya croustillant (isolat de protéine de soya, farine de riz, extrait de malt), concentré de protéine de blé, graines de lin moulues, arômes naturels, framboises lyophilisées, bicarbonate de soude, acide citrique, phosphate dipotassique, mono- et di-glycérides, amidon de maïs, gélatine, sirop de maïs à forte teneur en fructose. **Peut contenir des traces de noix ou d'arachides.**

ALLERGEN INFORMATION: Product contains Wheat, Soy, and Milk and is produced on equipment that is used to produce products that contain Eggs, Peanuts, and Tree Nuts.