

Fast Break Energy Bar

Description and Purpose

Forever Lite and Forever Lite Ultra provides a well-balanced meal replacement as part of a proven Weight Management Programme. But what do you do when it's not possible to prepare a Forever shake? The answer couldn't be simpler. Our Fast Break Energy Bar complements the Forever Nutri-Lean Programme by providing a convenient, low-calorie bar that is available for instant use without further preparation. Just unwrap it and it's ready to be enjoyed!

The Fast Break Energy Bar contains potassium and phosphorous our active bodies need to keep-up in today's fast-paced world. Phosphorous enhances energy and vigour by speeding up the metabolism of fats and carbohydrates, as well as helping our bodies recover from over-exertion. And potassium is not only essential for a healthy cardiovascular system, nervous system and muscle function, but it also helps us recover from mental and physical stress. Fast Break Energy Bar contains at least 50% of the UK RDA for vitamins and minerals, plus amino acids and enzymes and is full of nutritious ingredients.

Although Fast Break Energy Bar was originally introduced as part of the weight management programme, it was actually one of the first 'energy bars' on the market. Now more than ever before, losing weight never tasted so good!

At a glance...

- Provides 50% RDA of vitamins and minerals
- Healthy and tasty snack – when you're too busy to stop for a meal
- Ideal healthy snack for children's lunch boxes
- Only 230 calories per bar
- CONTAINS NUTS



Ingredients

Peanut butter, protein blend (soya protein isolate, calcium caseinate, milk protein isolate, whey protein concentrate), carob coating (brown sugar, fractionated palm kernel oil, whey powder, carob powder, soya lecithin), corn syrup, high fructose corn syrup, maltitol syrup, fructose, peanuts, tricalcium phosphate, soya fibre, soya nuts, dipotassium phosphate, magnesium oxide, natural flavours, aloe vera gel, honey, choline bitartrate, para-aminobenzoic acid, ascorbic acid, ferrous fumarate, copper gluconate, niacinamide, vitamin E acetate, zinc oxide, manganese gluconate, biotin, vitamin A palmitate, calcium pantothenate, molybdenum amino acid chelate, chromium amino acid chelate, selenium amino acid chelate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, folic acid, potassium iodide, and cyanocobalamin.

Contains: peanuts, milk and soya.

Contents

57g.

Suggested Use

Eat with a glass of water or skimmed milk as a meal replacement or as part of the Forever Nutri-Lean Programme.

N.B. Replace only two meals per day with Fast Break bars. A nutritionally-balanced third meal should be taken each day.

Fast Break bars can help weight control only as part of a calorie-controlled diet.



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