

NUTRITIONAL VALUES

Serving Size 1 bar (56g)	100 g	RI*	56 g	RI*
Energy	1650 kJ/393 kcal	20 %	924 kJ/220 kcal	11 %
Fat	16 g	23 %	9 g	13 %
of which:				
- saturates	8,9 g	45 %	5,0 g	25 %
Carbohydrate	46 g	18 %	26 g	10 %
of which				
- sugars	27 g	30 %	15 g	17 %
Fibre	5,4 g	- %	3 g	- %
Protein	20 g	39 %	11 g	22 %
Salt	0,98 g	16 %	0,55 g	9 %
Vitamin A	1340 µg	167,5 %	751 µg	93,8 %
Vitamin E	14 mg	120,5 %	8,1 mg	67,5 %
Vitamin C	64 mg	80,4 %	36 mg	45,0 %
Thiamin	1,6 mg	145,5 %	0,90 mg	81,8 %
Riboflavin	1,8 mg	128,6 %	1,0 mg	71,4 %
Niacin	21 mg	133,8 %	12 mg	75,0 %
Vitamin B6	2,1 mg	150,0 %	1,2 mg	85,7 %

Folic Acid	429 µg	214,3 %	240 µg	120,0 %
Vitamin B12	4,3 µg	172,0 %	2,4 µg	96,0 %
Biotin	80 µg	160,8 %	45 µg	90,0 %
Panthenic Acid	8,9 mg	148,3 %	5,0 mg	83,3 %
Calcium	892,9 mg	111,6 %	500 mg	62,5 %
Magnesium	429 mg	114,3 %	240 mg	64,0 %
Iron	15,5 mg	111,0 %	8,7 mg	62,1 %
Zinc	13 mg	134,0 %	7,5 mg	75,0 %
Copper	2,1 mg	210,0 %	1,2 mg	120,0 %
Manganese	2,5 mg	125,0 %	1,4 mg	70,0 %
Selenium	38 µg	68,2 %	21 µg	38,2 %
Chromium	43 µg	107,3 %	24 µg	60,0 %
Molybdenum	94 µg	187,6 %	53 µg	105,0 %
Iodine	188 µg	125,0 %	105 µg	70,0 %

* Reference Intake / - No RI established

Reference Intake of an average adult (8400 kJ/2000 kcal)

See side of carton for lot number and best before end date

INGREDIENTS: milk chocolate flavoured coating [sugar, fractionated palm kernel oil, nonfat milk, whole milk, cocoa, palm oil, emulsifier (**soy** lecithin), vanilla], organic brown rice syrup, **soy** nuggets (isolated **soy** protein, rice starch), caramel [tapioca syrup, water, sugar, modified palm kernel oil, skim milk powder, humectant (glycerol), whey (milk) protein concentrate, natural flavour, acidity regulator (sodium citrate), emulsifier (sunflower lecithin), salt, thickener (carrageenan)], vitamin & mineral mix [calcium citrate, magnesium oxide, dicalcium phosphate, ascorbic acid, zinc gluconate, ferrous bisglycinate, dl-alpha-tocopheryl acetate, niacinamide, beta-carotene, vitamin A palmitate, copper gluconate, calcium d-pantothenate, biotin, manganese citrate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, potassium iodide, sodium selenate, folic acid, cyanocobalamin, chromium chloride, sodium molybdate], **peanut** butter, fructose, thickener (gum arabic), **peanuts**, humectant (vegetable glycerol), **peanut** flour, **peanut** oil, natural flavour, sea salt.

Allergy advice: for allergens, see ingredients in bold.

Manufactured in a plant that also processes Egg, Tree Nuts and Wheat products.

FOREVER™

FOREVER  PEANUT BUTTER CRUNCH FLAVOR
FastBreak™
 ENERGY BAR FOR MAXIMUM PERFORMANCE

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 Imported and distributed by
 Forever Direct EU B.V.
 't Appeltje 2, 4751 XJ Oud Gastel,
 The Netherlands
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E81EUv2
 SKU 520

CONTAINS 12 BARS
 Net Weight 56g per bar
 Store in a cool, dry place.
 Do not store at temperatures
 above 27°C.

