

# PROTEIN BAR



Zinzino ProteinBar has been specifically developed for health conscious and active people who need to eat on the go, before or after training, or just want a healthier snack.

Our scientists worked hard to achieve a combination of the best-tasting and most functional ingredients.

Each bar is a convenient 45 gram.  
Lemon Cheese Cake Flavour & Chocolate Flavour.

- ▶ **High in protein<sup>1</sup>**
- ▶ **High in fibre<sup>2</sup>**
- ▶ **Low in sugar<sup>3</sup>**
- ▶ **Contains PANSALT giving a reduced sodium content.**

**HIGH IN PROTEIN<sup>1</sup>:** The Zinzino protein bar contains high quality milk protein, and provides a way to meet your protein requirements when you're active. It is also useful in supporting the recovery process after training, and helps to maintain muscle mass<sup>4</sup>.

**HIGH IN FIBRE<sup>2</sup>:** The Zinzino bar contains close to 7 g of dietary fibre, which is around 30 % of the recommended daily intake for adults. Dietary fibre promotes beneficial effects for our gut, cholesterol, and satiety.

**LOW IN SUGAR<sup>3</sup>:** Sugar contributes calories but has little nutritional value. We have therefore replaced sugar with polyols, natural and low-calorie sweeteners.

**CONTAINS PANSALT®, REDUCED SODIUM CONTENT:** Excessive salt (sodium) consumption is linked to many health problems. PanSalt® is a natural (and thoroughly tested) salt substitute where almost half the sodium compared to table salt is replaced by the minerals magnesium and potassium, which provide their own health benefits. PanSalt is credited by Finnish authorities for helping to achieve vast public health improvements. It is approved as a food ingredient by the European Commission since 2001.

**SALES UNIT:** The Zinzino bar is only sold in a box containing 4 bars á 45 gram. Each bar is packed individually in a wrapping foil.

**PLEASE NOTE:** On the outside of the box you will find all the important information, ingredients list etc. in your local language. The foil around each bar have also text printed on it, but only in English.

**WARNING:** Excessive consumption can lead to laxative effects.

**MAY CONTAIN:** Egg-, nut-, peanut- and sesame seed products. Contains sweeteners.

**STORAGE:** Store in a dry place at 15 - 22 °C and away from direct sunlight.

#### INGREDIENTS PROTEIN BAR LEMON CHEESE CAKE:

**milk** protein, white chocolate with artificial sweetener 20 % (maltitol, cocoa butter, whole **milk** powder, emulsifier (soy lecithin), vanilla), bulking agent (polydextrose), stabiliser (sorbitol syrup), hydrolysed **wheat** gluten, humectant (glycerol), sunflower oil, vegetable fibres (acacia gum), mineral salt\*, emulsifier (citric ester (E472c)), flavours, acidulant (citric acid), sweetener (sucralose), colouring agent (bèta carotene). **\*PANSALT®**.

Nurtrition values		
Nutrition values	Per 100 g	Per 45 g
Energy	1392 kj / 334 kcal	626 kj / 150 kcal
Fat	18,8 g	5,3 g
where of saturated fat	5,2 g	2,3 g
Carbohydrates	28,6 g	12,9 g
Sugars	3,7 g	1,7 g
Polyols	24,1 g	10,9 g
Fibre	14,2 g	6,4 g
Protein	30,7 g	13,8 g
Salt	0,59 g	0,27 g

#### INGREDIENTS PROTEIN BAR CHOCOLATE:

**milk** protein, milk chocolate with sweetener 20% (maltitol, cocoa butter, whole **milk** powder, cocoa mass, emulsifier (soy lecithin), flavours), bulking agent (polydextrose), stabiliser (sorbitol syrup), hydrolysed **wheat** gluten, humectant (glycerol), cocoa mass, vegetable fibres (acacia gum), low fat cocoa, sunflower oil, emulsifier (citric acid ester (E472c)), mineral salt\*, flavours, sweetener (sucralose). **\*PANSALT®**.

Nurtrition values		
Nutrition values	Per 100 g	Per 45 g
Energy	1368 kj / 328 kcal	615 kj / 147 kcal
Fat	11,1 g	5,0 g
where of saturated fat	5,9 g	2,7 g
Carbohydrates	28,1 g	12,7 g
Sugars	3,8 g	1,8 g
Polyols	22,9 g	10,3 g
Fibre	15,1 g	6,8 g
Protein	30,5 g	13,7 g
Salt	0,53 g	0,247 g

#### PROTEIN BAR NUTRITION CLAIMS (EFSA)

<sup>1</sup>A claim that a food is high in protein, and any claim likely to have the same meaning for the consumer, may only be made where at least 20% of the energy value of the food is provided by protein.

<sup>2</sup>A claim that a food is high in fibre, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 6 g of fibre per 100 g or at least 3 g of fibre per 100 kcal.

<sup>3</sup>A claim that a food is low in sugars, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 5 g of sugars per 100 g for solids or 2,5 g of sugars per 100 ml for liquids.

<sup>4</sup>Protein contributes to a growth in muscle mass. Protein contributes to the maintenance of muscle mass. The claim may be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Annex to Regulation (EC) No 1924/2006.