

FORMULA 1 EXPRESS HEALTHY MEAL BAR

CRANBERRY AND WHITE CHOCOLATE FLAVOUR

SKU: 4473



INGREDIENTS:

soy crisps (24.4 %) (**soy** protein isolate, tapioca starch, salt), glucose syrup, white chocolate coating (12.5 %) (sugar, cocoa butter, whole **milk** powder, emulsifier (lecithins (**soy**), natural flavouring), **soy** granules (11.6 %), Promitor® fibre, humectant (glycerol), candied cranberries (4.1 %) (cranberries (2.2 %), sugar, sunflower oil), cocoa nibs, maltodextrin, fructose, minerals mixture (calcium carbonate, potassium phosphate, potassium chloride, magnesium oxide, ferric pyrophosphate, zinc oxide, sodium selenite, manganese sulphate, cupric gluconate, potassium iodide), natural flavourings, vegetable oils (fully refined sunflower and/or soy), acidity regulator (citric acid), sodium chloride, vitamins mixture (Vitamin C (L-ascorbic acid), Vitamin E (DL-alpha-tocopheryl acetate), Niacin (nicotinamide), Vitamin A (retinyl acetate), Pantothenic acid (calcium D-pantothenate), Biotin (D-biotin), Vitamin B12 (cyanocobalamin), Vitamin D (cholecalciferol), Vitamin B6 (pyridoxine hydrochloride), Thiamin (thiamin mononitrate), Vitamin K (phylloquinone), Riboflavin, Folic acid (pteroylmonoglutamic acid)). Allergy advice: for allergens see ingredients in **bold**.

MAY CONTAIN EGGS, CEREALS CONTAINING GLUTEN, NUTS, PEANUTS, SESAME.

Nutritional Information

	Serving Size: 1 bar (56 g)		Servings Per Box: 7	
	Per 100 g		Per 1 bar (56 g)	
Energy	1562 kJ 373 kcal	-	875 kJ 209 kcal	-
Fat	11 g	-	6 g	-
of which:	-	-	-	-
saturates	4.8 g	-	2.7 g	-
monounsaturates	3.0 g	-	1.7 g	-
polyunsaturates	3.3 g	-	1.8 g	-
Carbohydrate	37 g	-	21 g	-
of which: sugars	17 g	-	10 g	-
Fibre	11 g	-	6 g	-
Protein	28 g	-	15 g	-
Salt	0.88 g	-	0.49 g	-
VITAMINS		%RI*		%RI*
Vitamin A	530 µg RE	66 %	297 µg RE	37 %
Vitamin D	2.7 µg	54 %	1.5 µg	30 %
Vitamin E	9.5 mg α-TE	79 %	5.3 mg α-TE	44 %
Vitamin K	50 µg	67 %	28 µg	37 %
Vitamin C	43 mg	54 %	24 mg	30 %
Thiamin	0.59 mg	54 %	0.33 mg	30 %
Riboflavin	0.86 mg	61 %	0.48 mg	34 %
Niacin	9.6 mg NE	60 %	5.4 mg NE	34 %
Vitamin B6	0.80 mg	57 %	0.45 mg	32 %
Folic Acid	107 µg	54 %	60.0 µg	30 %
Vitamin B12	1.6 µg	64 %	0.90 µg	36 %
Biotin	27 µg	54 %	15 µg	30 %
Pantothenic Acid	3.2 mg	53 %	1.8 mg	30 %
MINERALS		%RI*		%RI*
Potassium	905 mg	45 %	507 mg	25 %
Calcium	652 mg	82 %	365 mg	46 %
Phosphorus	447 mg	64 %	250 mg	36 %
Magnesium	216 mg	58 %	121 mg	32 %
Iron	8.6 mg	61 %	4.8 mg	34 %
Zinc	7.0 mg	70 %	3.9 mg	39 %
Copper	0.84 mg	84 %	0.47 mg	47 %
Manganese	1.4 mg	70 %	0.76 mg	38 %
Selenium	35 µg	64 %	20 µg	36 %
Chromium	15 µg	38 %	8.5 µg	21 %
Molybdenum	65 µg	130 %	36 µg	72 %
Iodine	80.4 µg	54 %	45.0 µg	30 %

*Reference intake

With a great blend of high-quality protein, fibre, vitamins & minerals, Formula 1 Express offers both great nutrition and convenience in one delicious bar. Formula 1 Express bar is great for anyone on an energy-restricted diet who wishes to replace a meal with a convenient, indulgent bar containing only 209 kcal. A delicious combination of crispies and cranberries, dipped in white chocolate and all in a healthy meal bar.

Formula 1 Express will help you indulge those sweet cravings plus provides 15 g of protein, 209 kcal and 25 vitamins and minerals including vitamin C which contributes to the reduction of tiredness and fatigue. Each bar is also vegetarian friendly.

KEY BENEFITS AND FEATURES

- Nutritionally balanced meal
- Contains 25 vitamins and minerals
- High in Protein with 15 g per bar, to help build muscle mass
- High in Fibre with 6 g per bar, accounting for 28% of the recommended daily intake of fibre*
- Contains Promitor® fibre
- Suitable for Vegetarians
- Contains no artificial colours or sweeteners
- A delicious bar with an improved flavour and texture
- Great for when you are on-the-go

USAGE

Enjoy Formula 1 Express Bar(s) every day as a healthy meal option:

For weight loss, replace two main meals per day with a delicious Formula 1 Express Bar and eat one balanced meal.

For nutrition support and weight maintenance, replace one main meal per day with a delicious Formula 1 Express Bar and eat two balanced meals.

*EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA) EFSA Journal 2010; 8(3), 1462.