

FORMULA 1 EXPRESS HEALTHY MEAL BARS DARK CHOCOLATE FLAVOUR



SKU: 4472

Ingredients:

soy crisps (24.2 %) (**soy** protein isolate, tapioca starch, salt), glucose syrup, chocolate couverture (12.5 %, cocoa solids minimum 56 %) (sugar, cocoa mass, cocoa butter, emulsifier (**soy** lecithin)), Promitor® fibre, **soy** granules (10.4 %), fructose, minerals mixture (calcium carbonate, potassium phosphate, potassium chloride, magnesium oxide, ferric pyrophosphate, zinc oxide, sodium selenite, manganese sulphate, cupric gluconate, potassium iodide), humectant (glycerol), maltodextrin, cocoa mass, rice crisps (2.1 %) (rice flour, rice syrup powder), chocolate chips (1.8 %, cocoa solids minimum 48 %) (sugar, cocoa mass, cocoa butter, emulsifier (**soy** lecithin), natural flavouring), fat reduced cocoa powder (cocoa butter: 10 % minimum), sunflower oil, flavourings, sodium chloride, vitamins mixture (L-ascorbic acid, DL-alpha-tocopheryl acetate, nicotinamide, retinyl acetate, calcium D-pantothenate, D-biotin, cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, thiamine mononitrate, phylloquinone, riboflavin, pteroylmonoglutamic acid), natural flavouring, acidity regulator (citric acid).

Allergy advice: for allergens see ingredients in **bold**.

MAY CONTAIN MILK, 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 | 1547 kJ 370 kcal | - | 866 kJ 207 kcal | - |
| Fat | 12 g | - | 6 g | - |
| of which: | - | - | - | - |
| saturates | 4.8 g | - | 2.7 g | - |
| monounsaturates | 3.0 g | - | 1.7 g | - |
| polyunsaturates | 2.1 g | - | 1.2 g | - |
| Carbohydrate | 38 g | - | 21 g | - |
| of which: sugars | 15 g | - | 8 g | - |
| Fibre | 12 g | - | 7 g | - |
| Protein | 24 g | - | 13 g | - |
| Salt | 0.98 g | - | 0.55 g | - |
| VITAMINS | | %RI* | | %RI* |
| Vitamin A | 614 µg RE | 77 % | 344 µg RE | 43 % |
| Vitamin D | 2.7 µg | 54 % | 1.5 µg | 30 % |
| Vitamin E | 8.0 mg α-TE | 67 % | 4.5 mg α-TE | 38 % |
| Vitamin K | 45 µg | 60 % | 25 µg | 33 % |
| Vitamin C | 57 mg | 71 % | 32 mg | 40 % |
| 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 | 134 µg | 67 % | 75.0 µg | 38 % |
| Vitamin B12 | 2.0 µg | 80 % | 1.1 µg | 44 % |
| Biotin | 27 µg | 54 % | 15 µg | 30 % |
| Pantothenic Acid | 3.2 mg | 53 % | 1.8 mg | 30 % |
| MINERALS | | | | |
| Potassium | 941 mg | 47 % | 527 mg | 26 % |
| Calcium | 652 mg | 82 % | 365 mg | 46 % |
| Phosphorus | 447 mg | 64 % | 250 mg | 36 % |
| Magnesium | 241 mg | 64 % | 135 mg | 36 % |
| Iron | 12 mg | 86 % | 6.6 mg | 47 % |
| Zinc | 7.0 mg | 70 % | 3.9 mg | 39 % |
| Copper | 0.90 mg | 90 % | 0.50 mg | 50 % |
| Manganese | 1.5 mg | 75 % | 0.86 mg | 43 % |
| Selenium | 45 µg | 82 % | 25 µg | 45 % |
| Chromium | 43 µg | 108 % | 24 µg | 60 % |
| Molybdenum | 55 µg | 110 % | 31 µg | 62 % |
| Iodine | 80.4 µg | 54 % | 45.0 µg | 30 % |

*Reference intake

Never miss a meal again with Formula 1 Express Healthy Meal Bars, your ideal healthy meal on-the-go. Offering both great nutrition and convenience in one delicious bar, Formula 1 Express Bars contain the perfect blend of high quality protein, fibre, vitamins and minerals.

Perfect for anyone on an energy-restricted diet who wishes to replace a meal with a convenient, indulgent bar containing only 207 kcal. Formula 1 Express Bars contain a delicious combination of crispies and chocolate chips, dipped in chocolate and all in a healthy meal bar.

KEY BENEFITS AND FEATURES

- Nutritionally complete meal
- Contains 25 vitamins and minerals
- High in Protein with 13 g per bar, to help build muscle mass
- High in Fibre with 7 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
- Perfect 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.