Serving Size: 1 Bar (63 g) Servings Per Container: 12		
Calories	210	
Calories from Fat	63	
Amount / Serving		%DV *
Total Fat	7 g	11%
Saturated Fat	4 g	20%
Monounsaturated Fat	2 g	240.04014
Polyunsaturated Fat	1 g	
Trans Fat	0 g	1600
Cholesterol	17 mg	6%
Sodium	160 mg	7%
Potassium	100 mg	2%
Total Carb.	25 g	8%
Dietary Fiber	12 g	48%
Sugars	5 g	0.010
Sugar Alcohol	1 g	
Protein	20 g	40%
Vitamin A		0%
Vitamin C		1%
Calcium		22%
Iron		1%

 Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients:

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharide (Prebiotic Fiber), Vegetable Oils (Palm, Palm Kernel Oil), Sugar, Vegetable Glycerin, Almonds, Water, Maltitol, and Soy Protein Isolate., Contains less than 2% of: Cinnamon, Resistant Maltodextrin, Soy Lecithin, Natural Flavor, Salt, and Sucralose.

CONTAINS MILK, SOY, TREE NUT, AND PEANUT. MANUFACTURED IN A PLANT THAT PROCESSES MILK, SOY, TREE NUT, WHEAT, PEANUT, AND EGG PRODUCTS.