



VEGAN • DAIRY-FREE • GMO-FREE • GLUTEN-FREE  
 NO ADDED SUGAR • HIGH PROTEIN • HIGH FIBRE

*It's what's NOT inside that makes it so good!*



Contains naturally occurring sugars.  
 ALLERGEN STATEMENT: For allergens see ingredients in **BOLD**.

INGREDIENTS: Date Paste, Rice Protein Isolate, Isolated **SOYA** Protein, Chicory Fibre, Chicory Fibre, Carob Syrup, Rapeseed Oil, Dried Carrot Syrup, Acid (Citric Acid), Sunflower Seeds, Sunflower Oil, Diced Candied Dried Orange Peel, Dried Candied Orange Peel, Orange Peel, Sugar, Glucose-Fructose Flakes, **WALNUTS**, Sunthanas (Sultanas), Sunflower Oil, Diced Candied Dried Orange Peel, Orange Peel, Sugar, Glucose-Fructose Syrup, Acid (Citric Acid), Sunflower Seeds, Brown Linseeds, **SESAME** Seeds, Black Chia Seeds, Black Chia Seeds (Salvia Hispanica), Ground Cassia, Puffed Quinoa, Green Tea Extract.

NUTRITION INFORMATION		*RI = Reference intake of an average adult (8400kJ/2000kcal)	
Serving Size: 1 Bar (50g)	Per 100g	Per Bar	%RI*/50g
Energy kJ	1584	792	9
Energy Kcal	376	188	9
Fat (g)	8.6	4.3	6
of which saturates (g)	0.8	0.4	2
Carbohydrate (g)	50.0	25.0	9
of which sugars (g)	40.0	20.0	7
Fibre (g)	11.4	5.7	22
Protein (g)	20.0	10.0	20
Salt (g)	0.34	0.17	3

**10G PROTEIN** VEGAN • GLUTEN FREE • NO ADDED SUGAR • **CARROT CAKE FLAVOUR**



NET WT 50G e

50G CARROT CAKE FLAVOUR HIGH PROTEIN BAR

Store in a cool dry place out of direct sunlight

**BEST BEFORE**

**EFFECTIV**<sup>TM</sup>

Manufactured and Distributed in the EU by

EFFECTIV NUTRITION  
 Tuscany House, Beata Road  
 Chesterton, Newcastle-Under-Lyme  
 Staffordshire, ST5 7UT  
 +44 (0) 1782 281222

[www.EfectivNutrition.com](http://www.EfectivNutrition.com)

