



MADE WITH WHEY PROTEINS • OVEN BAKED  
GLUTEN FREE • SUITABLE FOR VEGETARIANS

ALLERGEN STATEMENT: For allergens see ingredients in **BOLD>.**

**INGREDIENTS:** Oats (26%), Protein Blend (21%) [Whey Proteins (16.8%), Whey Crisp Pieces (Whey Protein Isolate (MILK) (Emulsifier Soy Lecithin), Rice Flour), Whey Protein Isolate (MILK), Emulsifiers (Mono & Di-glycerides of Fatty Acids, Casinate (MILK)), Vegetable Oil Blend (Vegetable Oils (Sunflower, Rapeseed), Salt, Emulsifiers (Mono & Di-glycerides of Fatty Acids, Sunflower Lecithin), Acidity Regulator (Lactic Acid), Flavouring, Colours (Lutein, Curcumin)), Carb Syrup, Fructo-Oligosaccharides, Syrup, Citric Acid), Humectant (Glycerol), Brown Sugar, Himalayan Pink Salt.

# EFFECTIV<sup>®</sup> Pro&Oats

## HIGH PROTEIN FLAPJACK

GLUTEN  
FREE

chocolate  
orange  
FLAVOUR

NET WT 70g e

Oven Baked, High Protein Chocolate Orange Flavour Flapjack with Whey & Oats



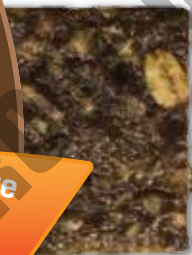
5 060347 311875

**EFFECTIV<sup>®</sup>**

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

Manufactured and Distributed in the U.K by

**EFFECTIV NUTRITION**  
Tuscany House, Beata Road  
Chesterton, Newcastle-Under-Lyme  
Staffordshire, ST15 7UT  
+44 (0) 1782 281222



| Serving Size: 1 Bar (70g) |      | Per 100g | Per Bar %R1*/70g |
|---------------------------|------|----------|------------------|
| Energy kJ                 | 1555 | 1089     | 1089             |
| Energy Kcal               | 371  | 260      | 260              |
| Fat (g)                   | 12.3 | 8.6      | 12.3             |
| of which saturates (g)    | 2.8  | 2.0      | 10               |
| Carbohydrate (g)          | 39.6 | 27.7     | 11               |
| of which sugars (g)       | 14.1 | 9.9      | 11               |
| Fibre (g)                 | 11.9 | 8.4      | 11               |
| Protein (g)               | 20   | 14       | 28               |
| Salt (g)                  | 0.47 | 0.33     | 5                |

\*R1 = Reference Intake of an average adult (8400kJ/2000kcal)  
-R1 Not Established

Store in a cool dry place  
out of direct sunlight

**BEST BEFORE**

12mm 160mm 136mm 12mm

17mm

20mm

14mm

38mm 140mm

14mm

20mm

17mm