

WEIDER®

LOW CARB HIGH PROTEIN

High protein almost carbohydrate-free bar

Provides 40% of clean protein and only 2g of net carbohydrates per bar

Ideal dietary complement during muscular development phase



	per 100 g	per 50 g
Energy	1,342 kJ / 321 Kcal	671 kJ / 160 kcal
Fats	8.9 g	4.5 g
Carbohydrates	22 g	10.8 g
- of which sugars	2.4 g	1.2 g
- of which polyols	19 g	9.3 g
Protein	40 g	20 g
Sodium	0.87	0.44 g

Proteins are essential to muscle regeneration as they provide the necessary amino acids that help the body recover from the physical exertion of exercise. Our High Protein bars provide your body with high-quality protein, with a very low net carbohydrate content.

High Protein is the ideal bar to ensure optimum protein intake for the body's muscles in an easy, comfortable way. Due to its high protein, low net carb content*, High Protein is the perfect bar for all sportsmen and women, both during the muscle definition and weight gain phases.

Net carbohydrates are those that can be assimilated by the body and which produce an insulin response in the pancreas. Insulin is the hormone responsible for regulating sugar levels in the blood, as well as playing a role in other metabolic processes, such as fat absorption.

Ingredients Chocolate flavor: 18% Milk chocolate (sweetener: maltitol; cocoa butter, **milk powder**¹, cocoa mass, emulsifier: **soya lecithin**; aroma), **milk proteins**¹, hydrolyzed collagen protein, moisturizing agent: glycerin; bulking agent: polydextrose; **soya proteins**, fructooligosaccharide, olive oil, 1.5% cocoa powder, aroma, emulsifier: **soya lecithin**; sweetener: sucralose. ¹Contains **lactose**. May contain traces of egg, gluten, sesame, peanuts and other nuts.

PRO TIPS

METHOD OF USE: Have a bar after exercise

RECOMMENDATION: Ideal for when you need to satisfy the need for something sweet during the monitoring of a low-carb diet.

FLAVOR: 100 g: Chocolate, Stracciatella, Latte-Macchiato and Peanut-Caramel
50 g: Chocolate, Stracciatella, Fruits of the Forest and Peanut-Caramel

PRESENTATION: 100 g and 50 g bars

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