

**INGREDIENTS:** LynFit Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-oligosaccharide (IMO), Brown Rice Syrup, Captri® Brand CB MCT, Natural & Artificial Flavors, Sunflower Lecithin, F. D. & C. (Yellow 5, Red 40, Blue 1, Yellow 6), Dipotassium Phosphate, Sucralose (A Non-Nutritive Sweetener).

**Contains:** Milk derived ingredients. Made on equipment that also processes Peanuts and Tree Nuts.

**Net Carbs:** 12g

**Net Carb Calculation:** 20g total carbs, subtract 8g fiber = 12g Net Carbs as this has minimal impact on blood sugar

**LynFit**  
NUTRITION

## LEAN BAR ADVANCED METABOLIC PROTEIN BAR

PEANUT BUTTER

Net Wt. 1.76 oz (50g)



18G  
Whey Protein

Low  
Sugar & Fat

12G  
Net Carbs

8G  
Prebiotic Fiber

### Nutrition Facts

Servings Per  
Bar: 1

Serving Size:  
1 Bar (50 g)

Calories **160**  
Per Serving

Amount Per Serving	%DV	Amount Per Serving	%DV
<b>Total Fat</b> 3g	<b>4%</b>	<b>Total Carb</b> 20g	<b>7%</b>
Sat. Fat 3g	15%	Dietary Fiber 8g	29%
Trans Fat 0g		Total Sugars 3g	
<b>Cholesterol</b> < 5mg	<b>1%</b>	Incl. 2g Added Sugars	<b>4%</b>
<b>Sodium</b> 40mg	<b>2%</b>	<b>Protein</b> 18g	<b>36%</b>

Vitamin D 0mg 0% • Calcium 70mg 6% • Iron 0.2mg 2% • Potassium 160mg 4%

The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice



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