

# High Protein Low Carb Bars

Seriously the most incredible tasting protein bars we've ever made! They taste sinful, but they're actually providing high protein, low carbohydrate nutrition.

BSc's High Protein Bars are high in protein, low in carbohydrates, contain no artificial flavours or sweeteners and taste like a naughty treat! What's not to love?

A regular intake of protein is essential to good health. Protein provides energy, supports muscle growth, helps you feel fuller for longer and can even help you burn fat. And our bodies can't store protein, so we need to consume it on a regular basis.

BSc High Protein Bars make it easy for you to give your body the protein it needs every day. Why not keep a bar in your bag so you've always got a healthy, guilt free snack at your fingertips? A convenient and nutritious treat you can eat on the run, and lots of delicious flavours to choose from, BSc's High Protein Bar won't disappoint.

## Available Flavours



Cookies & Cream

Choc Mint

Peanut Caramel

Cookie Dough

Rocky Road

Salted Caramel

## ACTIVE INGREDIENTS

**High Protein Blend** – Protein provides energy and supports muscle growth, helps you feel fuller for longer and can even help burn fat. After water, protein is the most important building block in the human body. Our bodies can't store protein, so we need to consume it on a regular basis. BSc High protein bars provide nearly 20 grams of protein per serve.



## KEY BENEFITS

- High protein
- Low carbohydrate
- Source of fibre
- No artificial colours
- No artificial flavours
- No artificial sweeteners

## NUTRITION INFORMATION

Serving per package: 1  
Serving size: 60g

\*Cookies & Cream

	Avg Qty Per Serve 60g	Avg Qty Per 100g
Energy	861 kJ	1430 kJ
Providing Calories	206 cal	343 cal
Protein	19.5 g	32.5 g
Fat, Total	6.1 g	10.1 g
-Saturated	2.7 g	4.5 g
Carbohydrate	2.7 g	4.6 g
- Sugars	2.1 g	3.4 g
Dietary fibre, Total	6.2 g	10.4 g
-Polydextrose	5.8 g	9.7 g
Sodium	195 mg	325 mg
Sorbitol	3.3 g	5.5 g
Maltitol	8.7 g	14.5 g
Glycerol	3.7 g	6.2 g

BSc Protein Blend (Dairy Protein Blend [Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate], Soy Protein Isolate), No Added Sugar Protein Chocolate (Maltitol, Cocoa Solids [33%] Soy Protein Isolate, Milk Solids [10%], Emulsifiers [Soy Lecithin, Polyglycerol Polyricinoleate], Food Acid [330]), Polydextrose, Maltitol, Humectant (Glycerol), Sorbitol, Vanilla Paste, Soy Protein Nuggets, Glycine, Sunflower Oil, Cocoa Powder, Natural Flavour, Stevia Extract, Emulsifier (Soy Lecithin), Salt, Antioxidant (Mixed Tocopherols).

# High Protein Low Carb Bars

## Cookies & Cream flavour

### Nutrition Information:

	Average Quantity per:		Average Quantity per:	
	Serve (60g)	100g	Serve (60g)	100g
Energy	861kJ	1430kJ	Dietary fibre, Total	6.2g 10.4g
Providing Calories	206cal	343cal	-Polydextrose	5.8g 9.7g
Protein	19.5g	32.5g	Sodium	195mg 325mg
Fat, Total	6.1g	10.1g	Sorbitol	3.3g 5.5g
-Saturated	2.7g	4.5g	Maltitol	8.7g 14.5g
Carbohydrate	2.7g	4.6g	Glycerol	3.7g 6.2g
- Sugars	2.1g	3.4g		

**Ingredients:** BSc Protein Blend (Dairy Protein Blend [Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate], Soy Protein Isolate), No Added Sugar Protein Chocolate (Maltitol, Cocoa Solids [33%], Milk Solids [10%]), Emulsifiers [Soy Lecithin, Polyglycerol Polyricinoleate], Food Acid [330], Polydextrose, Maltitol, Humectant (Glycerol), Sorbitol, Vanilla Paste, Soy Protein Nuggets, Glycine, Sunflower Oil, Cocoa Powder, Natural Flavour, Stevia Extract, Emulsifier (Soy Lecithin), Salt, Antioxidant (Mixed Tocopherols). **Contains Wheat, Milk, Soybean.** Made on Equipment which processes Peanuts, Tree Nuts & Sesame, therefore these allergens may be present. Excess consumption of this food may have a laxative effect. Store under cool, dry conditions below 20°C.

## Choc Mint flavour

### Nutrition Information:

	Average Quantity per:		Average Quantity per:	
	Serve (60g)	100g	Serve (60g)	100g
Energy	861kJ	1430kJ	Dietary fibre, Total	6.3g 10.5g
Providing Calories	206cal	343cal	-Polydextrose	5.9g 9.8g
Protein	18.6g	31.0g	Sodium	199mg 332mg
Fat, Total	5.9g	9.9g	Sorbitol	3.3g 5.5g
-Saturated	2.8g	4.7g	Maltitol	7.6g 12.6g
Carbohydrate	3.9g	6.5g	Glycerol	3.7g 6.2g
- Sugars	3.3g	5.5g		

**Ingredients:** BSc Protein Blend (Dairy Protein Blend [Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate], Soy Protein Isolate), No Added Sugar Protein Chocolate (Maltitol, Cocoa Solids [33%], Milk Solids [20%]), Soy Protein Isolate, Emulsifiers [Soy Lecithin, Polyglycerol Polyricinoleate], Natural Vanilla Flavour), Polydextrose, Maltitol, Humectant (Glycerol), Sorbitol, Vanilla Paste, Glycine, Sugar Free Mint Chips (2.5%), Sunflower Oil, Soy Protein Nuggets, Cocoa Powder (1.5%), Stevia Extract, Natural Flavour, Emulsifier (Soy Lecithin), Salt, Antioxidant (Mixed Tocopherols). **Contains Wheat, Milk, Soybean.** Made on Equipment which processes Peanuts, Tree Nuts & Sesame, therefore these allergens may be present. Excess consumption of this food may have a laxative effect. Store under cool, dry conditions below 20°C.

## Cookie Dough flavour

### Nutrition Information:

	Average Quantity per:		Average Quantity per:	
	Serve (60g)	100g	Serve (60g)	100g
Energy	862kJ	1440kJ	Dietary fibre, Total	6.2g 10.4g
Providing Calories	206cal	343cal	-Polydextrose	5.8g 9.7g
Protein	19.5g	32.5g	Sodium	209mg 348mg
Fat, Total	5.9g	9.9g	Sorbitol	3.3g 5.5g
-Saturated	2.8g	4.7g	Maltitol	7.6g 12.7g
Carbohydrate	3.9g	6.5g	Glycerol	3.7g 6.2g
- Sugars	3.3g	5.5g		

**Ingredients:** BSc Protein Blend (Dairy Protein Blend [Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate], Soy Protein Isolate), No Added Sugar Protein Chocolate (Maltitol, Cocoa Solids [33%], Milk Solids [20%]), Soy Protein Isolate, Emulsifiers [Soy Lecithin, Polyglycerol Polyricinoleate], Natural Vanilla Flavour), Polydextrose, Maltitol, Humectant (Glycerol), Sorbitol, Caramel Paste, Soy Protein Nuggets, Glycine, Sunflower Oil, Cocoa Powder, Natural Flavour, Stevia Extract, Emulsifier (Soy Lecithin), Salt, Antioxidant (Mixed Tocopherols). **Contains Wheat, Milk, Soybean.** Made on Equipment which processes Peanuts, Tree Nuts & Sesame, therefore these allergens may be present. Excess consumption of this food may have a laxative effect. Store under cool, dry conditions below 20°C.

## Rocky Road flavour

### Nutrition Information:

	Average Quantity per:		Average Quantity per:	
	Serve (60g)	100g	Serve (60g)	100g
Energy	886kJ	1480kJ	Dietary fibre, Total	6.5g 10.7g
Providing Calories	212cal	353cal	-Polydextrose	5.6g 9.3g
Protein	18.1g	30.2g	Sodium	190mg 316mg
Fat, Total	6.6g	11.0g	Sorbitol	3.3g 5.4g
-Saturated	3.2g	5.3g	Maltitol	7.0g 11.6g
Carbohydrate	5.5g	9.1g	Glycerol	3.9g 6.5g
- Sugars	4.6g	7.6g		

**Ingredients:** BSc Protein Blend (Dairy Protein Blend [Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate], Soy Protein Isolate, Soy Protein Nuggets), No Added Sugar Milk Protein Chocolate (18%) (Maltitol, Cocoa Solids [33%], Milk Solids [20%]), Soy Protein Isolate, Emulsifiers [Soy Lecithin, Polyglycerol Polyricinoleate], Natural Vanilla Flavour), Polydextrose, Maltitol, Berry Paste (7%) (Concentrated Apple Puree [31%], Cherry Puree [6%]), Concentrated Elderberry Juice (0.8%), Humectant (Sorbitol, Glycerol), Invert Sugar, Bulking Agent [Polydextrose], Sunflower Oil, Wheat Fibre, Gelling Agent [Pectin], Natural Flavour, Firming Agent [Calcium Lactate], Acidity Regulator [Citric Acid], Sorbitol, Humectant (Glycerol), Glycine, Cocoa Powder, Sunflower Oil, Coconut (1.5%), Pistachios (1.5%), Berry Bites (1.5%), Natural Flavour, Stevia Extract, Emulsifier (Soy Lecithin), Salt, Natural Colour (Carmine), Antioxidant (Mixed Tocopherols). **Contains Wheat, Milk, Soybean, Tree Nuts.** Made on Equipment which processes Peanuts & Sesame, therefore these allergens may be present. Excess consumption of this food may have a laxative effect. Store under cool, dry conditions, below 20°C.

## Peanut Caramel flavour

### Nutrition Information:

	Average Quantity per:		Average Quantity per:	
	Serve (60g)	100g	Serve (60g)	100g
Energy	879kJ	1470kJ	Dietary fibre, Total	6.3g 10.5g
Providing Calories	210cal	350cal	-Polydextrose	5.7g 9.6g
Protein	18.8g	31.3g	Sodium	194mg 323mg
Fat, Total	6.8g	11.4g	Sorbitol	3.2g 5.4g
-Saturated	2.9g	4.8g	Maltitol	7.4g 12.3g
Carbohydrate	4.0g	6.6g	Glycerol	3.6g 6.1g
- Sugars	3.4g	5.6g		

**Ingredients:** BSc Protein Blend (Dairy Protein Blend [Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate], Soy Protein Isolate), No Added Sugar Protein Chocolate (Maltitol, Cocoa Solids [33%], Milk Solids [20%]), Soy Protein Isolate, Emulsifiers [Soy Lecithin, Polyglycerol Polyricinoleate], Natural Vanilla Flavour), Polydextrose, Maltitol, Humectant (Glycerol), Sorbitol, Caramel Paste, Peanuts (4%), Glycine, Sunflower Oil, Soy Protein Nuggets, Cocoa Powder, Natural Flavour, Natural Colour (Caramel I), Emulsifier (Soy Lecithin), Stevia Extract, Salt, Antioxidant (Mixed Tocopherols). **Contains Wheat, Milk, Peanuts, Soybean.** Made on Equipment which processes Tree Nuts & Sesame, therefore these allergens may be present. Excess consumption of this food may have a laxative effect. Store under cool, dry conditions below 20°C.

## Salted Caramel flavour

### Nutrition Information:

	Average Quantity per:		Average Quantity per:	
	Serve (60g)	100g	Serve (60g)	100g
Energy	845kJ	1410kJ	Dietary fibre, Total	5.9g 9.8g
Providing Calories	202cal	336cal	-Polydextrose	5.6g 9.3g
Protein	18.0g	30.0g	Sodium	300mg 500mg
Fat, Total	5.3g	8.9g	Sorbitol	3.7g 6.2g
-Saturated	2.6g	4.4g	Maltitol	7.2g 12.1g
Carbohydrate	5.0g	8.3g	Glycerol	3.4g 5.7g
- Sugars	4.0g	6.7g		

**Ingredients:** BSc Protein Blend (Dairy Protein Blend [Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate], Soy Protein Isolate, Soy Protein Nuggets), No Added Sugar Milk Protein Chocolate (18%) (Maltitol, Cocoa Solids [33%], Milk Solids [20%]), Soy Protein Isolate, Emulsifiers [Soy Lecithin, Polyglycerol Polyricinoleate], Natural Vanilla Flavour), Polydextrose, Maltitol, Caramel Paste (7%) (Invert Sugar, Humectants [Sorbitol, Glycerol], Concentrated Pear Puree, Bulking Agent [Polydextrose]), Sunflower Oil, Wheat Fibre, Natural Flavour, Gelling Agent [Pectin], Firming Agent [Calcium Lactate], Natural Colour (Titanium Dioxide, Caramel II), Sorbitol, Humectant (Glycerol), Sugar Free Caramel Chips (3%), Glycine, Sunflower Oil, Salted Caramel Waffle Crunch (1%), Salt (0.7%), Natural Flavour, Emulsifier (Soy Lecithin), Stevia Extract, Antioxidant (Mixed Tocopherols). **Contains Wheat, Milk, Soybean.** Made on equipment which processes Peanuts, Tree Nuts & Sesame therefore these allergens may be present. Excess consumption of this food may have a laxative effect. Store under cool, dry conditions, below 20°C.