



## Stead Crunch KEY POINTERS

- **1.** SteadCrunch is a multigrain energy bar made of rolled oats, wheat flakes, cornflakes, rice crisps, raisins, honey, and almonds- coated with chocolate. The multigrain mixture gives an energy boost and is a delicious, healthy snack that one can enjoy between meals.
- 2. A bar of **SteadCrunch** provides 2 g of dietary fibre, which provides satiety for an hour, helping in weight management.
- 3. SteadCrunch is free of cholesterol, making it a guilt-free snack that's a better choice for munching than junk food. It's not baked or fried either.
- **4.** SteadCrunch contains raisins and honey, which have antioxidant properties.
- 5. Almonds in **SteadCrunch** are a source of antioxidants, fibre, healthy fat, vitamins, and minerals.
- **6.** Stead Crunch contains the immunity-booster Vitamin C, along with Zinc and Iron, which have a positive impact on well-being.
- 7. Athletes can take **Stead Crunch** before a workout for an extra energy boost or during and after workouts to restore energy levels.
- 8. For active individuals, **SteadCrunch** is a healthy snack that can be eaten during breakfast, between meals, or any time of the day to satisfy frequent hunger pangs.
- 9. Unlike most chocolates available in the market, Stead Crunch does not melt in the mouth- it breaks into pieces, which can be mixed in milk and enjoyed in the morning as a chocolaty breakfast cereal.
- **10.** SteadCrunch is free of added preservatives, colours, or artificial sweeteners.

www.steadfastnutrition.in





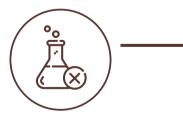
Boosts Energy



Guilt-Free Snack



Made from Multigrain

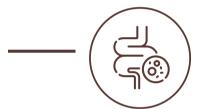


No Preservatives





Cholesterol Free



Boosts Gut Health



Provides Satiety

\_\_\_\_\_ (10 mg

Contains Vitamin C