

FORMULA 1 EXPRESS HEALTHY MEAL BARS DARK CHOCOLATE FLAVOUR



SKU: 4472

Ingredients:

soy crisps (24.2 %) (**soy** protein isolate, tapioca starch, salt), glucose syrup, chocolate couverture (12.5 %, cocoa solids minimum 56 %) (sugar, cocoa mass, cocoa butter, emulsifier (**soy** lecithin)), Promitor® fibre, **soy** granules (10.4 %), fructose, minerals mixture (calcium carbonate, potassium phosphate, potassium chloride, magnesium oxide, ferric pyrophosphate, zinc oxide, sodium selenite, manganese sulphate, cupric gluconate, potassium iodide), humectant (glycerol), maltodextrin, cocoa mass, rice crisps (2.1 %) (rice flour, rice syrup powder), chocolate chips (1.8 %, cocoa solids minimum 48 %) (sugar, cocoa mass, cocoa butter, emulsifier (**soy** lecithin), natural flavouring), fat reduced cocoa powder (cocoa butter: 10 % minimum), sunflower oil, flavourings, sodium chloride, vitamins mixture (L-ascorbic acid, DL-alpha-tocopheryl acetate, nicotinamide, retinyl acetate, calcium D-pantothenate, D-biotin, cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, thiamine mononitrate, phylloquinone, riboflavin, pteroylmonoglutamic acid), natural flavouring, acidity regulator (citric acid).

Allergy advice: for allergens see ingredients in **bold**.

MAY CONTAIN MILK, EGGS, CEREALS CONTAINING GLUTEN, NUTS, PEANUTS & SESAME

Nutritional Information Serving Size: 1 bar (56 g) Servings Per Box: 7

	Per 100 g		Per 1 bar (56 g)	
Energy	1547 kJ 370 kcal	-	866 kJ 207 kcal	-
Fat	12 g	-	6 g	-
of which:	-	-	-	-
saturates	4.8 g	-	2.7 g	-
monounsaturates	3.0 g	-	1.7 g	-
polyunsaturates	2.1 g	-	1.2 g	-
Carbohydrate	38 g	-	21 g	-
of which: sugars	15 g	-	8 g	-
Fibre	12 g	-	7 g	-
Protein	24 g	-	13 g	-
Salt	0.98 g	-	0.55 g	-
VITAMINS		%RI*		%RI*
Vitamin A	614 µg RE	77 %	344 µg RE	43 %
Vitamin D	2.7 µg	54 %	1.5 µg	30 %
Vitamin E	8.0 mg α-TE	67 %	4.5 mg α-TE	38 %
Vitamin K	45 µg	60 %	25 µg	33 %
Vitamin C	57 mg	71 %	32 mg	40 %
Thiamin	0.59 mg	54 %	0.33 mg	30 %
Riboflavin	0.86 mg	61 %	0.48 mg	34 %
Niacin	9.6 mg NE	60 %	5.4 mg NE	34 %
Vitamin B6	0.80 mg	57 %	0.45 mg	32 %
Folic Acid	134 µg	67 %	75.0 µg	38 %
Vitamin B12	2.0 µg	80 %	1.1 µg	44 %
Biotin	27 µg	54 %	15 µg	30 %
Pantothenic Acid	3.2 mg	53 %	1.8 mg	30 %
MINERALS				
Potassium	941 mg	47 %	527 mg	26 %
Calcium	652 mg	82 %	365 mg	46 %
Phosphorus	447 mg	64 %	250 mg	36 %
Magnesium	241 mg	64 %	135 mg	36 %
Iron	12 mg	86 %	6.6 mg	47 %
Zinc	7.0 mg	70 %	3.9 mg	39 %
Copper	0.90 mg	90 %	0.50 mg	50 %
Manganese	1.5 mg	75 %	0.86 mg	43 %
Selenium	45 µg	82 %	25 µg	45 %
Chromium	43 µg	108 %	24 µg	60 %
Molybdenum	55 µg	110 %	31 µg	62 %
Iodine	80.4 µg	54 %	45.0 µg	30 %

*Reference intake

Never miss a meal again with Formula 1 Express Healthy Meal Bars, your ideal healthy meal on-the-go. Offering both great nutrition and convenience in one delicious bar, Formula 1 Express Bars contain the perfect blend of high quality protein, fibre, vitamins and minerals.

Perfect for anyone on an energy-restricted diet who wishes to replace a meal with a convenient, indulgent bar containing only 207 kcal. Formula 1 Express Bars contain a delicious combination of crispies and chocolate chips, dipped in chocolate and all in a healthy meal bar.

KEY BENEFITS AND FEATURES

- Nutritionally complete meal
- Contains 25 vitamins and minerals
- High in Protein with 13 g per bar, to help build muscle mass
- High in Fibre with 7 g per bar, accounting for 28% of the recommended daily intake of fibre*
- Contains Promitor® fibre
- Suitable for Vegetarians
- Contains no artificial colours or sweeteners
- A delicious bar with an improved flavour and texture
- Perfect for when you are on-the-go

USAGE

Enjoy Formula 1 Express Bar(s) every day as a healthy meal option:

For weight loss, replace two main meals per day with a delicious Formula 1 Express Bar and eat one balanced meal.

For nutrition support and weight maintenance, replace one main meal per day with a delicious Formula 1 Express Bar and eat two balanced meals.

*EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA) EFSA Journal 2010; 8(3), 1462.