



Protein bars are a common staple for people working on dropping weight. They're easy and fast, but most have too many carbs and too many calories. We decided to make it easy for you, and just make the best ones ourselves. Too many bars have strange textures and odd flavors. We wanted the kind of bars that people would reach for by choice. Our bars have a great crunch, superb flavors and are properly configured for weight loss. So if you examine your Blueberry Pomegranate Bar, you'll find it comes with a full 15 grams of protein, 7 sugar carbs and 130 calories. That makes it an excellent source of protein, and you'll be delighted by how long it keeps you satisfied. Carry them with you everywhere for convenience! Why risk the consequences of carb-laden store bars, when you can get the Carefully Calibrated version through the Silhouette Solution?

If it's not Carefully Calibrated, it's not your silhouette solution™

Ingredients: Protein blend (soy protein isolate, whey protein concentrate, whey protein isolate, milk protein concentrate), sugar, fructooligosaccharide, glycerin, organic cane sugar, maltitol syrup, modified palm and palm kernel oil, water, apple juice concentrate, tapioca starch, cranberries, blueberries, calcium carbonate, natural flavors, soy lecithin, citric acid, mono- and diglycerides, modified milk ingredients, butter, salt, maltitol, cream, colors (lycopene, anthocyanin, titanium dioxide), maltodextrin, pectin, tocopherol, sodium phosphate, sodium citrate, carrageenan. **Allergen Statement:** May contain wheat, egg, peanuts, and tree nuts.

Nutrition Facts

Serving Size: 1 bar 1.30 oz (37g)

Servings per container: 7

Amount/Serving		
Calories	130	Calories from fat 25
		% Daily Value*
Total Fat	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	180mg	8%
Potassium	110mg	3%
Total Carbohydrate	14g	5%
Dietary Fiber	3g	12%
Sugars	7g	
Protein	15g	30%
Vitamin A		0%
Vitamin C		0%
Calcium		20%
Iron		10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Potassium		3,500mg	3,500mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Protein		50g	65g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4