



## Forever Fast Break®

If you want your taste buds to feel like they've had a candy bar, while your metabolism feels like it's being fueled by protein and fiber then unwrap Forever Fast Break®. This delicious, chocolate covered peanut butter bar will make you feel like you've died and gone to weight management heaven.

Fiber is the key to your health in several areas, including helping you feel fuller, longer. Forever Fast Break® provides 3g of fiber in a delicious crunchy texture.

Chock-full of 11g of protein these filling bars are a great meal replacement, or for when you need extra energy. That's almost the protein of two eggs, all with on-the-go convenience. Plus, it has 0 trans-fat and 0 cholesterol.

Fueled by vitamins and minerals, and other ingredients, which speed up the metabolism of fats and carbohydrates, this fortified bar will help you meet your health and fitness goals.

**Contains: soy and milk. Manufactured in a plant that also processes egg, tree nuts, and wheat products.**

### DIRECTIONS

Replace no more than two meals daily with Forever Fast Break® Energy Bars. A third, well-balanced meal should be eaten. Fast Break bars can help control weight as part of a caloric-controlled diet and exercise program.

NET Wt.  
2 OZ (56 g) per bar

**Nutrition Facts:** Serv. size: 1 bar (56g), Amount Per Serving:  
**Calories** 220, Fat Cal. 80, **Total Fat** 9g (14% DV), Sat. Fat 5g (25% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 220mg (9% DV), **Potassium** 40mg (1% DV), **Total Carb.** 26g (9% DV), Fiber 3g (12% DV), Sugars 15g, **Protein** 11g, Vitamin A (50%), Vitamin C (60%), Calcium (50%), Iron (50%), Vitamin E (60%), Thiamin (60%), Riboflavin (60%), Niacin (60%), Vitamin B6 (60%), Folate (60%), Vitamin B12 (40%), Biotin (15%), Pantothenic Acid (50%), Iodine (70%), Magnesium (60%), Zinc (50%), Selenium (30%), Copper (60%), Manganese (70%), Chromium (20%), Molybdenum (70%).  
Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Milk Chocolate Flavored Coating (sugar, fractionated palm kernel oil, nonfat milk, whole milk, cocoa [processed with alkali], palm oil, soy lecithin, vanilla), Organic Brown Rice Syrup, Soy Nuggets (isolated soy protein, rice starch), Caramel (tapioca syrup, water, sugar, modified palm kernel oil, skim milk powder, glycerin, whey protein concentrate, natural flavor, sodium citrate, sunflower lecithin, salt, carrageenan), Vitamin & Minerals: (calcium citrate, magnesium oxide, dicalcium phosphate, ascorbic acid, zinc gluconate, iron amino acid chelate, dl-alpha-tocopheryl acetate, niacinamide, beta-carotene, vitamin A palmitate, copper gluconate, calcium d-pantothenate, biotin, manganese citrate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, potassium iodide, sodium selenate, folic acid, cyanocobalamin, chromium chloride, sodium molybdate), Peanut Butter (Peanuts), Fructose, Gum Arabic, Peanuts, Vegetable Glycerin, Peanut Flour, Peanut Oil, Natural Flavor, Sea Salt. **Contains: Peanuts, Milk and Soy. Manufactured in a plant that processes Egg, Tree Nuts and Wheat products.**



- Delicious peanut butter crunch flavor
- 11 grams of protein
- 0 trans fat and 0 cholesterol

PRODUCT #520

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*