

7.75"

6.5"

**INGREDIENTS:** PROPRIETARY FORTIFX™ PROTEIN BLEND (WHEY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE), SOY PROTEIN ISOLATE, VEGETABLE OILS (PALM AND PALM KERNEL), VEGETABLE GLYCERIN, PALM OIL, SUGAR, MALTITOL, SORBITOL, GELATIN, CORN SYRUP, WATER, AND COCOA (PROCESSED WITH ALKALI). **CONTAINS 2% OR LESS OF THE FOLLOWING:** BROWN RICE FLOUR, EVAPORATED CANE JUICE, SUNFLOWER OIL, MONOGLYCERIDES, TAPIOCA STARCH, SOY LECITHIN, SALT, VANILLA, NATURAL FLAVORS, MALTODEXTRIN, SODIUM CASEINATE, PROPYLENE GLYCOL MONOESTERS, CHOCOLATE LIQUOR, BAKING SODA, CITRIC ACID, WHEY, BETA-CAROTENE, VITAMIN A PALMITATE, ACETYLATED MONOGLYCERIDES, MONO AND DIGLYCERIDES, POTASSIUM SORBATE, SUCRALOSE, NATURAL TOCOPHEROLS, PEANUTS, ALMONDS, AND SILICON DIOXIDE. **CONTAINS MILK, SOY, PEANUT, AND ALMOND PRODUCTS. MANUFACTURED IN A PLANT THAT PROCESSES MILK, SOY, WHEAT, TREE NUT, PEANUT, AND EGG PRODUCTS.**



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1-888-322-2276  
LEARN MORE AT [WWW.FITCRUNCHBARS.COM](http://WWW.FITCRUNCHBARS.COM)  
MADE IN USA

1026 DWP

**THE ONLY 6-LAYER BAKED BAR • WHEY PROTEIN ISOLATE**

**CHEF ROBERT IRVINE'S**  
**FITCRUNCH**

**COOKIES AND CREAM**  
NATURALLY FLAVORED

Whey Protein Baked Bar  
NET WT. 88g (3.10 OZ)

**BAKED**  
SOFT COOKIE CENTER

**30g Protein** **6g Sugar** **GLUTEN FREE**

POWERED BY **FORTIFX**



**Nutrition Facts**

Serving Size 1 Bar (88g)  
Calories 380  
Calories from Fat 140  
\*Percent Daily Value (DV) are based on a 2000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 16g	25%	Potassium 100mg	2%
Saturated Fat 8g	40%	Total Carb. 27g	9%
Polyunsaturated Fat 2g		Dietary Fiber 2g	8%
Monounsaturated Fat 6g		Sugars 6g	
Trans Fat 0g		Sugar Alcohol 16g	
Cholesterol 30mg	10%	Protein 30g	60%
Sodium 490mg	20%		
Vitamin A 8% • Vitamin C 2% • Calcium 8% • Iron 10%			



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*"My goal is simple; I want to empower people, through food and fitness, to thrive each day."*

-Chef Robert Irvine

<b>BAKERY BARN, INC.</b> 111 Terence Drive, Pittsburgh, PA 15236 USA		<b>DIELINE SIZE:</b> 6.5" Web x 7.75" Repeat	<b>FILM ADHESIVE:</b> COLD SEAL
<b>INKS: Number of Plates on order 8</b> <input checked="" type="checkbox"/> Cyan <input checked="" type="checkbox"/> Magenta <input checked="" type="checkbox"/> Yellow <input checked="" type="checkbox"/> Black <input checked="" type="checkbox"/> PMS 168C <input checked="" type="checkbox"/> PMS 200C <input type="checkbox"/> PMS 000 <input type="checkbox"/> PMS 000 <input checked="" type="checkbox"/> White <input checked="" type="checkbox"/> Line Black <input type="checkbox"/> PMS 000 <input type="checkbox"/> PMS 000	<b>FONTS:</b> Stratum Family Helvetica Neue Family (Outline print files)	<b>SUBSTRATE:</b> <b>Paper:</b> <input type="checkbox"/> White <input type="checkbox"/> Dull Silver Foil <input type="checkbox"/> Bright Silver Foil <b>Bopp:</b> <input type="checkbox"/> Clear <input type="checkbox"/> White <input checked="" type="checkbox"/> Bright Silver Foil <b>Board:</b> <input type="checkbox"/> White SBS <input type="checkbox"/> Recycled <b>Shrink:</b> <input type="checkbox"/> PVC <input type="checkbox"/> OPS <input type="checkbox"/> PETG <b>Other Material:</b> <input type="checkbox"/> _____	<b>Prepared By:</b> Designer: Dave Plowden daveplowden@bakery-barn.com <b>UV or LAM</b> <input type="checkbox"/> Gloss UV <input type="checkbox"/> Gloss LAM <input type="checkbox"/> Matte UV <input type="checkbox"/> Matte LAM <b>Other:</b> <input type="checkbox"/> _____ <b>Applications:</b> Illustrator CS5 Photoshop CS5 <b>REWIND:</b> #3
<b>LINKS:</b> CC_FILM_BG.psd		<b>PRINT PROCESS:</b> <input checked="" type="checkbox"/> Roto <input type="checkbox"/> Flexo <input type="checkbox"/> Digital <input type="checkbox"/> Litho	<b>Special Instructions:</b> BACKGROUND PRINTS WHITE INK <b>Press Check Required:</b> <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <b>Packaging Facility:</b> TechFlex