

Forever FastBreak®

#520



Forever FastBreak®

Take a break from cravings with this irresistible energy bar.

Kick your cravings to the curb with 11 grams of protein and the irresistible flavor combination of peanut butter and chocolate. Forever Fast Break® is everything you could want in a meal replacement bar; delicious, vitamin-packed and loaded with 11 grams of protein, as much as two eggs!

This great tasting energy bar is a great companion for your weight management routine that can help you reach your goals while providing important nutrition.

The 3 grams of fiber you'll get with Forever Fast Break® will help you feel fuller for longer and promote healthy digestion. This next-generation protein bar is loaded with vitamins and minerals that were chosen to help speed up the metabolism of fats and carbohydrates while keeping your body supplied with key nutrients.

In fact, you can replace up to two meals a day with this versatile protein bar thanks to the amount of protein, fiber and vitamins available in every serving.

Hitting your weight loss goals can taste great while leaving you feeling nourished and energized. Keep yourself on track with Forever Fast Break®. This on-the-go energy bar can help you control your weight as part of a calorie-controlled diet and exercise program.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

WEIGHT MANAGEMENT

FAST FACTS

- 11 grams of protein
- Meal replacement and energy booster
- Delicious peanut butter and chocolate flavor
- No trans-fat or cholesterol



Gluten Free



Suitable for vegetarians

CONTENTS

2 OZ (56 g) per bar

DIRECTIONS

Replace no more than two meals daily with Forever FastBreak® 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.

CERTIFICATIONS

Kosher Certified, Halal Certified



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 Rich 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), Vitamins & 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 selenite, 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 also processes Egg, Tree Nuts and Wheat products.

NUTRITION FACTS

Serving Size 1 bar (56g)		Calories 220	
Serving Per Container 12		Calories from Fat 80	
Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 9g	14%	Potassium 40mg	1%
Saturated Fat 5g	25%	Total Carbohydrate 26g	9%
Trans Fat 0		Dietary Fiber 3g	12%
Cholesterol 0	0%	Sugars 15g	
Sodium 220mg	9%	Protein 11g	
Vitamin A 50%	• Vitamin C 60%	• Calcium 60%	• Iron 60%
Vitamin E 60%	• Thiamin 60%	• Riboflavin 60%	• Niacin 60%
Vitamin B6 60%	• Folate 60%	• Vitamin B12 40%	• Biotin 15%
Pantothenic Acid 50%	• Phosphorus 2%	• Iodine 70%	• Magnesium 60%
Zinc 50%	• Selenium 30%	• Copper 60%	• Manganese 70%
Chromium 20%	• Molybdenum 70%		

*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



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