



## Forever Fast Break®

A great-tasting alternative to skipping meals, each Forever Fast Break Energy Bar contains the vitamins and minerals your body needs, plus amino acids and enzymes. Phosphorous enhances energy levels by speeding up the metabolism of fats and carbohydrates, thus helping the body recover from over-exertion. Potassium is not only essential for proper cardiovascular system, nervous system and muscle function, it also helps to ease mental and physical stress.

A great meal replacement for today's "on the go" lifestyle, Forever Fast Break Energy Bars are an ideal way for active individuals to keep up in a fast-paced world!

**INGREDIENTS:** Peanut butter, protein blend (soy protein isolate, calcium caseinate, milk protein isolate, whey protein concentrate), carob coating (brown sugar, fractionated palm kernel oil, whey powder, carob powder, soy lecithin), corn syrup, high fructose corn syrup, maltitol syrup, fructose, peanuts, tricalcium phosphate, soy fiber, soy nuts, dipotassium phosphate, magnesium oxide, natural flavors, aloe vera gel, honey, choline bitartrate, para-aminobenzoic acid, ascorbic acid, ferrous fumarate, Copper Gluconate, niacinamide, vitamin E acetate, zinc oxide, manganese gluconate, bictin, vitamin A palmitate, calcium pantothenate, molybdenum amino acid chelate, chromium amino acid chelate, selenium amino acid chelate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, folic acid, potassium iodide, and cyanocobalamin. **Contains: Peanuts, milk and soy.**

### Nutrition Facts

Serving Size 1 bar (57g)

Amount Per Serving

**Calories** 230 Fat Cal. 70

	% Daily Value*
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Potassium</b> 300mg	<b>9%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 16g	
<b>Protein</b> 11g	<b>22%</b>
Vitamin A	50%
Vitamin C	50%
Calcium	60%
Iron	50%
Vitamin E	50%
Thiamin	50%
Riboflavin	50%
Niacin	50%
Vitamin B6	50%
Folate	50%
Vitamin B12	50%
Biotin	50%
Pantothenic Acid	50%
Phosphorus	35%
Iodine	50%
Magnesium	50%
Zinc	50%
Selenium	15%
Copper	50%
Manganese	30%
Chromium	10%
Molybdenum	35%

\*Percent Daily Values are based on a 2,000 calorie diet.

One serving also contains: PABA 75mg Choline 50mg

### 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 calorie-controlled diet and exercise program.



- CONTAINS NUTS
- Provides 50% RDI of vitamins and minerals
- Great as a snack or meal replacement
- Only 230 calories per bar



PRODUCT #267

The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.