



## Forever Fast Break®

A great-tasting, low-calorie alternative to skipping meals, each Forever Fast Break® Energy Bar provides many of the vitamins and minerals your body needs everyday. Phosphorus 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 (ground peanuts, peanuts, sea salt), protein blend (soy protein isolate, calcium caseinate, milk protein isolate, whey protein concentrate), chocolate flavor coating (sugar, fractionated palm kernel oil, cocoa powder, soy lecithin, vanilla), corn syrup, high fructose corn syrup, maltitol syrup, fructose, chopped peanuts, tricalcium phosphate, soy fiber, soy nuts, dipotassium phosphate, magnesium oxide, natural flavor, aloe vera gel, choline, bitartrate, dicalcium phosphate, para-aminobenzoic acid, honey, asorbic acid, ferrous fumarate, vitamin E acetate, niacinamide, zinc oxide, copper gluconate, vitamin A palmitate, manganese gluconate, d-calcium pantothenic acid, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, molybdenum amino acid chelate, selenium amino acid chelate, chromium amino acid chelate, cyanocobalamin, folic acid, biotin, potassium iodide. **Contains: Milk, peanuts and soy.**

### N u t r i t i o n F a c t s

Serving Size 1 bar (57g)	
Amount Per Serving	
<b>Calories</b>	220
Fat Cal.	80
	% Daily Value*
<b>Total Fat</b>	8g 12%
Saturated Fat	3g 15%
Trans Fat	0g
<b>Cholesterol</b>	0mg 0%
<b>Sodium</b>	115mg 5%
<b>Potassium</b>	350mg 10%
<b>Total Carbohydrate</b>	28g 9%
Dietary Fiber	2g 8%
Sugars	18g
<b>Protein</b>	11g
Vitamin A	60%
Vitamin C	60%
Calcium	60%
Iron	60%
Vitamin E	60%
Thiamin	60%
Riboflavin	60%
Niacin	60%
Vitamin B6	60%
Folate	60%
Vitamin B12	60%
Biotin	60%
Pantothenic Acid	50%
Phosphorus	45%
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.

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 many of the vitamins and minerals your body needs everyday
- Great as a snack or meal replacement
- Only 220 calories per bar

PRODUCT #267



*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.*