

Weider - News

► 52% Protein Bar

Product description:

- Stracciatella, Chocolate or Peanut caramel flavoured Bar with a High Protein content and plain chocolate coating. With sweeteners.

Training phase:

- Definition phase
- Strength build-up phase
- Muscle build-up phase

Product features:

- 50 g bar with 52% protein
- Low carb*
- Great taste in 3 delicious flavours

* According to American calculation, "only 1.5 g net carbs" per bar



Recommendation:

- If you don't have time to mix a shake in the muscle-building phase, this bar is the perfect alternative to a second breakfast. Enjoy up to two bars a day.

Information:

The 52% protein bar is the first WEIDER bar with up to 52% protein to maintain the muscles. The carbohydrate content contains only 1.3g sugar and consists of polyhydric alcohols which means it has less of an effect on blood sugar levels than a bar containing sugar. The high protein content of the bar helps you to gain muscle mass during the muscle-building phase and to maintain that muscle mass in the definition phase. It is available in three delicious flavours (Stracciatella, Chocolate and Peanut caramel). Besides enjoying the 52% Protein Bar, we also recommend a varied and balanced diet and a healthy lifestyle.

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► 52% Protein Bar



Article no.	30637
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per 100 g	per 50 g	Nutritional Information
1529 kJ	765 kJ	Energy
364 Kcal	182 kcal	
52 g	26 g	Protein
29 g	15 g	Carbohydrates
8,6 g	4,3 g	Fat



Article no.	30657
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per 100 g	per 50 g	Nutritional Information
1511 kJ	8756 kJ	Energy
360 kcal	180 kcal	
52 g	26 g	Protein
27 g	13,5 g	Carbohydrates
8,9 g	4,5 g	Fat



Article no.	30647
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per 100 g	per 50 g	Nutritional Information
1544 kJ	772 kJ	Energy
367 kcal	184 kcal	
52 g	26 g	Protein
30 g	15 g	Carbohydrates
9,8 g	4,5 g	Fat



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