Nutritional information	100g	%(100g)*	56,5g	%(56,5g)*
Energy kcal	407 kca	120%	230 kca	l12%
Energy kJ	1704 kJ	20%	963 kJ	11%
Fat	15 g	21%	8,5 g	12%
of which saturates	6,2 g	31%	3,5 g	18%
Carbohydrate	40,7 g	16%	23 g	9%
of which sugars	23 g	26%	13 g	14%
Protein	14 g	28%	8 g	16%
Fibre	8,8 g		5 g	
Salt	1,13 g	19%	0,64 g	11%
*Reference intake of an average adult (8 400 kJ/2 000 kcal)				

A protein cookie. Ingredients: WHEAT flour (WHEAT flour, Niacin, reduced iron, thiamin mononitrate, Riboflavin, Folic Acid), protein blend (vital WHEAT gluten, pea protein, rice protein), cane sugar, palm fruit oil, chicory root fibre, invert sugar, humectant (vegetable glycerol), emulsifier (sunflower lecithin), molasses, natural flavouring, raising agent (sodium bicarbonate), cinnamon, salt, thickeners (xanthan gum, guar gum)

May contain eggs, milk, nuts, peanuts, soybeans .

Store in a cool, dry place, out of direct sunlight. Best before date noted according to the United States system (month / day / year).

For best before date: see packaging. Manufactured in: USA. Distributed by: **NASKOR**SPORTS • Trappistenweg 8 • 5932 NB Tegelen • The Netherlands