Nutritional information	100g	%(100g)*	56,5g	%(56,5g)*
Energy kcal	354 kca	118%	200 kca	110%
Energy kJ	1482 kJ	18%	837 kJ	10%
Fat	12,4 g	18%	7 g	10%
of which saturates	5,3 g	27%	3 g	15%
Carbohydrate	46 g	18%	26 g	10%
of which sugars	17,7 g	20%	10 g	11%
Protein	14 g	28%	8 g	16%
Salt	1,06 g	18%	0,6 g	10%
Fibre	8,8 g		5 g	
*Reference intake of an average adult (8 400 kJ/2 000 kcal)				

A protein cookie. Ingredients: enriched WHEAT flour (WHEAT flour, Niacin, reduced iron, thiamin mononitrate, Riboflavin, Folic Acid), protein blend (vital WHEAT gluten, pea protein, rice protein), cane sugar, palm margarine (palm oil, palm fractions, water, salt, emulsifier (sunflower lecithin, distilled monoglycerides), natural flavouring, acid: citric acid, antioxidant: mixed tocopherols, Vitamin A, colour: betacarotene), invert sugar, chicory root fibre, humectant: vegetable glycerol, oligofructose, poppy seeds, emulsifier: sunflower lecithin, natural flavouring, raising agent: baking soda, colour: natural yellow colour, sea salt, cultured dextrose, thickener: xanthan gum, thickener: guar gum 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