

# EXTRA CROK®

## HIGH PROTEIN BAR - TRIPLE LAYER

HIGH PROTEIN BAR



- HIGH PROTEIN CONTENT
- LOW SUGAR CONTENT
- LOW CARB
- GLUTEN FREE
- GMO FREE
- PALM FREE

- HIGH FIBER CONTENT
- CRUNCHY AND TASTY
- EXCELLENT DIGESTIBILITY

**FLAVOURS:**  
**PEANUTS AND CARAMEL**  
**CREAM AND CHOCOLATE**

**NEW GENERATION TRIPLE LAYER BAR WITH HIGH PROTEIN CONTENT. LOW SUGAR, HIGH FIBER BAR, TOTALLY FREE OF HYDROGENATED FATS AND PALM OIL. MADE WITH HIGH QUALITY INGREDIENTS WITH EXCELLENT DIGESTIBILITY.**

### INFORMATIONS

Good training strategy needs muscles to be well-fed following any intense activity. An adequate supply of supplementary proteins allows you to rebuild lean mass potentially damaged by intense activities and avoid the breaking down of muscle tissue. Staying fit can be incredibly difficult. The right diet will allow you to carry out physical activity while maintaining high energy levels and providing just the right nutrients for regenerating and building-up muscle tissue.

### FEATURES

EXTRA CROK® is a high protein bar with extremely pleasant taste and excellent digestibility, all thanks to its top quality ingredients. Provides 33% protein. Only 3,1% sugar and an optimal amount of fibre. The product is totally free of gluten, hydrogenated fats and palm oil. The EXTRA CROK® line is ideal for rediscovering the taste of keeping fit.

### HOW TO USE AND RECOMMENDED DAILY DOSE

1-2 bars a day, accompanied by water. Use as needed as a hunger breaker. Ideal after intense muscular effort or at least 1 hour before physical activity.

### INGREDIENTS (PEANUTS AND CARAMEL)

Protein mix (**whey** protein, **soy** protein, **milk** protein), sweeteners: maltitol, sucralose; vegetable oils and fats (sunflower oil, cocoa butter, coconut oil), filling agent: polydextrose; humectant: glycerin; **peanuts** (4%), mass of cocoa, cocoa powder, whole **milk** powder, fruit syrup-oligosaccharides, salt, emulsifiers: lecithins (**soy**, sunflower); flavourings, tapioca starch, stabilizer: calcium carbonate; coloring: simple caramel. May contain traces of: nuts, sesame, egg.

### INGREDIENTS (CREAM AND CHOCOLATE)

Protein mix (**whey** protein, **soy** protein, **milk** protein), sweeteners: maltitol, sucralose; vegetable oils and fats (sunflower oil, cocoa butter, coconut oil), filling agent: polydextrose; humectant: glycerin; cocoa mass, in powder, whole **milk** powder, fruit syrup-oligosaccharides, salt, emulsifiers: lecithins (**soy**, sunflower) ; flavourings, tapioca starch, stabiliser: calcium carbonate; colour: caramel simple. May contain traces of: nuts, sesame, egg, peanuts



### RECOMMENDED FOR

- Those looking for a snack to help them stay fit
- Those looking to integrate more protein into their diet
- Sports-people expending intense muscular effort
- Those looking for a pre or post-workout supplement

SUITABLE FOR ANY KIND OF SPORT



CONFEZIONE: BOX DA 18 BARRETTE DA 50 g

### WHEN TO USE EXTRA CROK®



WARNINGS: this product is intended to be used as part of a varied, balanced diet and a healthy lifestyle. Store in a cool, dry place. The expiration date applies to the product in its intact container when stored as directed

### Nutritional information (peanuts and caramel)

	Per 100 g	Per bar (50 g)
<b>Energy</b>		
kJ	1654	827
kcal	396	198
<b>Typical Values</b>		
Fat	16 g	8,0 g
of which saturates	5,3 g	2,7 g
Carbohydrate	37 g	18,5 g
of which Sugars	3,3 g	1,7 g
of which Polyols	29 g	14,5 g
Fiber	9,4 g	4,7 g
Protein	33 g	17 g
Salt	0,93 g	0,47 g

### Nutritional information (cream and chocolate)

	Per 100 g	Per bar (50 g)
<b>Energy</b>		
kJ	1608	804
kcal	385	193
<b>Typical Values</b>		
Fat	15 g	7,5 g
of which saturates	5,4 g	2,7 g
Carbohydrate	37 g	19 g
of which Sugars	3,6 g	1,8 g
of which Polyols	31 g	16 g
Fiber	10 g	5 g
Protein	33 g	17 g
Salt	0,25 g	0,13 g