

## 2336949 – Clif Bar Chocolate Almond Fudge Bar 68g

### Sales description

Energy bar with oats, chocolate and almonds

### Ingredients

Wholemeal **oat** flakes\* (22.4%), brown rice syrup\*, **soy** rice crispies (**soy** protein isolate, rice flour, **barley** malt extract), roasted **soy** beans\*, tapioca syrup\*, cane sugar syrup\*, **almonds**\* (4,1%), unsweetened chocolate (4.1%), **soya** flour\*, chicory root extract, low-fat cocoa powder (3.0%), High oleic sunflower oil\*, natural flavours, sea salt, antioxidant: strong extracts containing tocopherol.

70% organic ingredients

\*organic

May contain traces of **peanuts, nuts, milk, sesame, rye, triticale** and **wheat**. May contain **nutshell pieces**.

Nutritional information	per 100g		per serving (1x 68g bar)	
	kJ	kcal	kJ	kcal
Energy	1646	392	1118	266
Fat [g]	11		7,4	
of which saturates [g]	2.6		1.8	
Carbohydrates [g]	53		36	
of which sugars [g]	23		16	
Fibre [g]	8		5.4	
Protein [g]	16		11	
Salt [g]	0,53		0.36	
Vitamins/Minerals	per 100 g	%1	per serving (1x 68g bar)	%1
Phosphorus [mg]	285	41	194	28

1% of the reference value according to VO (EU) no. 1169/2011

### Recommended usage

Eat one Clif bar with plenty of water one to three hours before exercise. For less intensive training sessions, you can also eat a bar during exercise to supply your body with carbohydrates and energy.

**This information serves for a better understanding. The decisive information and values are printed on the packaging.**

## 2336950 – Clif Bar Chocolate Chip Bar 68g

### Sales description

Energy bar with oats and chocolate chips

### Ingredients

Wholemeal **oat** flakes\* (22.3%), brown rice syrup\*, soy rice crispies (**soy protein isolate, rice flour, barley malt extract**), **roasted soy beans\***, **tapioca syrup\***, **cane sugar syrup\***, **unsweetened chocolate (5.5%)**, **chicory root extract, soya flour\***, **High Oleic sunflower oil\***, **natural flavours, sea salt, cinnamon\***.

### 70% organic ingredients

\*organic

May contain traces of peanuts, nuts, milk, sesame, rye, triticale and wheat.

<b>Nutritional information</b>	<b>per 100g</b>		<b>per serving (1x 68g bar)</b>	
Energy	kJ	kcal	kJ	kcal
	1604	381	1085	258
Fat [g]	9		6.1	
of which saturates [g]	2.7		1.8	
Carbohydrates [g]	56		38	
of which sugars [g]	26		17	
Fibre [g]	7.9		5.4	
Protein [g]	15		10	
Salt [g]	0.48		0.33	
<b>Vitamins/Minerals</b>	<b>per 100 g</b>	<b>%1</b>	<b>per serving (1x 68g bar)</b>	<b>%1</b>
Phosphorus [mg]	258	37	175	25

1% of the reference value according to VO (EU) no. 1169/2011

### Recommended usage

Eat one Clif bar with plenty of water one to three hours before exercise. For less intensive training sessions, you can also eat a bar during exercise to supply your body with carbohydrates and energy.

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## 2336951 - Clif Bar Crunchy Peanut Butter Bar 68g

### Sales description

Energy bar with oats and peanut butter

### Ingredients

Wholemeal **oat** flakes\* (21.1%), brown rice syrup\*, tapioca syrup\*, **soy** rice crispies (**soy** protein isolate, rice flour, **barley** malt extract), cane sugar syrup\*, roasted **soybeans\***, **peanut** butter\* (6.2%), **peanuts** (5.9%), **peanut** flour (4.5%), chicory root extract, **soy** flour\*, natural flavours, sea salt.

70% organic ingredients

\*organic

May contain traces of **nuts, milk, sesame, rye, triticale** and **wheat**.

Nutritional information	per 100g		per serving (1x 68g bar)	
	kJ	kcal	kJ	kcal
Energy	1624	386	1112	265
Fat [g]	11		7.8	
of which saturates [g]	1.8		1.2	
Carbohydrates [g]	52		35	
of which sugars [g]	25		17	
Fibre [g]	7.6		5.2	
Protein [g]	16		11	
Salt [g]	0.84		0.57	
Vitamins/Minerals	per 100 g	%1	per serving (1x 68g bar)	%1
Phosphorus [mg]	257	37	175	25

1% of the reference value according to VO (EU) no. 1169/2011

### Recommended usage

Eat one Clif bar with plenty of water one to three hours before exercise. For less intensive training sessions, you can also eat a bar during exercise to supply your body with carbohydrates and energy.

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## 2336952 – Clif Bar White Chocolate Macadamia Nut Bar 68g

### Sales description

Energy bar with oats, macadamia nuts and white chocolate flavour

### Ingredients

Wholemeal **oat** flakes\* (21.9%), brown rice syrup\*, roasted **soybeans\***, **soy** rice crispies (soy protein isolate, rice flour, **barley** malt extract), tapioca syrup\*, cane sugar syrup\*, **macadamia nuts** (4.9%), chicory root extract, **soy** flour\*, cane sugar\*, High Oleic sunflower oil\*, natural flavours, sea salt, cocoa butter (0.9%), **soy** flour, antioxidant: tocopherol-rich extracts, emulsifier: **soy** lecithin.

70% biological ingredients

\*organic

May contain traces of **peanuts, nuts, milk, sesame, rye, triticale** and **wheat**. May contain **nutshell pieces**.

Nutritional information	per 100g		per serving (1x 68g bar)	
	kJ	kcal	kJ	kcal
Energy	1628	387	117	266
Fat [g]	11		7.5	
of which saturates [g]	2.1		1.4	
Carbohydrates [g]	54		37	
of which sugars [g]	25		17	
Fibre [g]	7,4		5	
Protein [g]	14		9.8	
Salt [g]	0.86		0.58	
Vitamins/Minerals	per 100 g	%1	per serving (1x 68g bar)	%1
Phosphorus [mg]	241	34	164	23

1% of the reference value according to VO (EU) no. 1169/2011

### Recommended usage

Eat one Clif bar with plenty of water one to three hours before exercise. For less intensive training sessions, you can also eat a bar during exercise to supply your body with carbohydrates and energy.

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## 2336948 – Clif Bar Blueberry Almond Crisp Bar 68g

### Sales description

Energy bar with oats, almonds and blueberries

### Ingredients

Wholemeal **oat** flakes\* (20.5%), brown rice syrup\*, **soy** rice crispies (**soy** protein isolate, rice flour, **barley** malt extract), roasted **soy** beans\*, tapioca syrup\*, cane sugar syrup\*, chicory root extract, **soya** flour\*, **almonds**\* (4.2%), dried blueberries (3.0%), apple juice concentrate, High oleic sunflower oil\*, natural flavours, sea salt, acidity regulator: citric acid; antioxidant: extracts containing high levels of tocopherol.

70% organic ingredients

\*organic

May contain traces of **peanuts, nuts, milk, sesame, rye, triticale** and **wheat**. May contain **nutshell pieces**.

Nutritional information	per 100g		per serving (1x 68g bar)	
	kJ	kcal	kJ	kcal
Energy	1581	375	1068	254
Fat [g]	8.3		5.6	
of which saturates [g]	1		0.7	
Carbohydrates [g]	55		37	
of which sugars [g]	26		17	
Fibre [g]	8		5.4	
Protein [g]	16		11	
Salt [g]	0.65		0.44	
Vitamins/Minerals	per 100 g	%1	per serving (1x 68g bar)	%1
Phosphorus [mg]	270	39	184	26

1% of the reference value according to VO (EU) no. 1169/2011

### Recommended usage

Eat one Clif bar with plenty of water one to three hours before exercise. For less intensive training sessions, you can also eat a bar during exercise to supply your body with carbohydrates and energy.

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## 2287751 – Clif Bar Peanut Butter Banana Dark Chocolate Bar 68g

### Sales description

Energy bar with oats, peanut butter, banana, dark chocolate and natural flavouring

### Ingredients

Brown rice syrup, **soy** protein isolate, **peanuts** (8.37%), **oat** flakes (7.56%), cane sugar syrup, rice flour, **peanut** butter (5.76%), **oat** fibre, cane sugar, unsweetened chocolate (2.60%), roasted **soy** beans, banana powder (1,52%), **soy** flour, dried bananas (0.62%), sea salt, cocoa butter (0.39%), natural flavourings, **barley** malt extract, emulsifier: **soya** lecithin, antioxidant: **tocopherol-rich extracts**.

**Vitamins & Minerals:** Calcium salts of orthophosphoric acid, magnesium oxide, L-ascorbic acid (vitamin C). DL-alpha tocopheryl acetate (vitamin E), beta-carotene (vitamin A), nicotinamide (niacin), riboflavin (vitamin B2), thiamine monocitrate (vitamin B1), pyridoxine hydrochloride (vitamin B6), ergocalciferol (vitamin D), cyanocobalamin (vitamin B12).

May contain **nuts, milk, rye, triticale** and **wheat**.

\*Rainforest Alliance Certified

Nutritional information	per 100g		per serving (1x 68g bar)	
	kJ	kcal	kJ	kcal
Energy	1630	388	1104	262
Fat [g]	11		7.3	
of which saturates [g]	2.6		1.8	
Carbohydrates [g]	54		37	
of which sugars [g]	31		21	
Fibre [g]	6.3		4.3	
Protein [g]	15		10	
Salt [g]	0.96		0,66	
Vitamins/Minerals	per 100 g	%1	per serving (1x 68g bar)	%1
Vitamin A [µg]	441	55	300	38
Vitamin D [µg]	147	29	1	20
Vitamin E [mg]	4	33	2.7	23
Vitamin C [mg]	44.1	55	30	38
Vitamin B1 (thiamine) [mg]	0.24	22	0.16	15
Vitamin B2 (riboflavin) [mg]	0.38	27	0.26	19
Vitamin B3 (niacin) [mg]	4.41	28	3	19
Vitamin B6 (pyridoxine) [mg]	0,59	42	0.4	29
Vitamin B12 (cobalamin) [µg]	1.47	59	1	40
Calcium [mg]	282	35	192	24
Magnesium [mg]	144	38	97.7	26

1% of the reference value according to VO (EU) no. 1169/2011

### Recommended usage

Eat one Clif bar with plenty of water one to three hours before exercise. For less intensive training sessions, you can also eat a bar during exercise to supply your body with carbohydrates and energy.

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