

R-BAR

WHO WOULD USE R-BAR PROTEIN BARS

Anyone looking for a convenient, portable source of protein at any time of the day.

HOW THE PRODUCT WORKS

It has long been known that athletes and those undertaking strenuous physical activity require a higher protein intake than that of a sedentary individual. During exercise, particularly weight training, muscle fibres are put under stress that causes microscopic damage. Amino acids are the building blocks of muscle tissue within our body and are essential for repair and recovery. These amino acids can be obtained from sources of protein such as meat, fish, eggs or supplements.

Due to the higher levels of protein required by those undertaking strenuous exercise, it can be a challenge to consume the daily needs from whole foods due to the sheer volume of food that maybe required or just the time constraints that preparing multiple meals daily. As a result, the use of protein supplements has risen over recent years.

Whilst protein bars have been available for over 10 years, the last 5 years has seen this category expand and a huge leap in food technology has allowed for a big improvement in taste and texture combined with the sheer convenience that the bar format provides.

AVAILABLE OPTIONS

Flavours: Cookies & Cream, Cherry Bakewell, Chocolate Peanut Caramel, Double Chocolate Brownie, White Chocolate Apricot, White Chocolate Raspberry Ripple.

Size: 12 x 60g bars per pack.

WHY IS R-BAR PROTEIN BETTER THAN THE COMPETITION?

Whilst the protein bar category has grown over the last 5 years with a huge improvement in taste and texture, a vast majority of these bars are nothing more than a confectionary bar with added protein with little focus on health supplements.

Reflex Nutrition R-Bar Protein Bar represents a truly unique bar within the sports nutrition market, combining healthy ingredients that are ethically sourced with the highest quality source of protein.

Each is packed with the following benefits:

20g Protein

Each bar derives its main source of protein from EU sourced milk

Healthy Fats

Each bar delivers its fat content from healthy nut butters and cocoa butter

High Fibre

Each bar contains 9 grams of fibre derived from soluble gluco fibre and nut butter

Naturally Sweetened

Each bar is naturally sweetened with stevia



THE REFLEX CHALLENGE

Does your protein bar meet the following checklist?

- > 20g EU sourced, grass fed milk protein
- > High in fibre
- > Low sugar
- > Sweetened with stevia
- > Ground breaking soft texture
- > Made in an Informed-Sport registered facility
- > Full money back guarantee.

Low Carbs

Each bar delivers only 10 grams of low glycemic index carbohydrate

Antioxidants

Each bar contains DeltaGold® Tocotrienols, a powerful source of vitamin E

Just as important, R-Bar protein bars **DO NOT** include **ANY** of the following;

- Palm Oil
- Artificial Preservatives
- Soy Protein
- Glucose Syrup
- Artificial Colours
- GMO Ingredients
- Artificial Flavours
- Corn Syrup/Solids

NOTES