



# SoLo Power High Performance Nutrition

## Ingredient Information

**Berry Bliss** - SoLo protein blend [whey protein isolate, soy protein crisp (soy protein isolate, rice flour, malt, salt), soy protein isolate, whey protein concentrate], yogurt coating (sugar, fractionated palm kernel oil, skim milk powder, low fat yogurt powder, soy lecithin, salt, natural flavor), fructose, soynut butter (roasted soynuts, soybean oil, maltodextrin, evaporated cane juice), brown rice syrup, fruit puree blend (dried plums, dried dates, white grape juice concentrate), dry roasted soynuts, SoLo fiber blend (inulin, oat bran concentrate), dried cranberries (cranberries, apple juice concentrate), natural flavor, water, sunflower oil, vitamin and mineral blend\*, beet juice concentrate. **Contains milk and soybeans.**

**Chocolate Charger** – SoLo protein blend [cocoa soy crisp (soy protein isolate, rice starch, cocoa), whey protein isolate, whey protein concentrate], chocolate coating (sugar, fractionated palm kernel oil, cocoa powder, whey powder, skim milk powder, soy lecithin, natural flavor), fructose, almond butter, fruit puree blend (dried plums, dried dates, white grape juice concentrate), chocolate cookies (wheat flour, cane juice crystals, canola oil, cocoa, salt, sodium bicarbonate), brown rice syrup, cocoa powder, water, SoLo fiber blend (inulin, oat bran concentrate), vitamin and mineral blend\*, natural flavor. **Contains milk, soybeans, wheat and tree nuts.**

**Mint Mania** - SoLo protein blend [cocoa soy crisp (soy protein isolate, rice starch, cocoa), whey protein isolate, whey protein concentrate], chocolate coating (sugar, fractionated palm kernel oil, cocoa powder, whey powder, skim milk powder, soy lecithin, natural flavor), fructose, almond butter, fruit puree blend (dried plums, dried dates, white grape juice concentrate), chocolate cookies (wheat flour, cane juice crystals, canola oil, cocoa, salt, sodium bicarbonate), brown rice syrup, cocoa powder, water, SoLo fiber blend (inulin, oat bran concentrate), vitamin and mineral blend\*, natural flavor. **Contains milk, soybeans, wheat and tree nuts.**

**Peanut Power** - SoLo protein blend [whey protein isolate, soy protein isolate, soy protein crisp (soy protein isolate, rice flour, malt, salt)], chocolate coating (sugar, fractionated palm kernel oil, cocoa powder, whey powder, skim milk powder, soy lecithin, natural flavor), natural peanut butter, brown rice syrup, fructose, fruit puree blend (dried plums, dried dates, white grape juice concentrate), dry roasted soynuts, honey, SoLo fiber blend (inulin, oat bran concentrate), water, roasted peanut oil, vitamin and mineral blend\*. **Contains milk, soybeans and Peanuts.**

**Lemon Lift** – SoLo protein blend [whey protein isolate, soy protein isolate, soy protein crisp (soy protein isolate, rice flour, malt, salt), whey protein concentrate], yogurt coating (sugar, fractionated palm kernel oil, skim milk powder, low fat yogurt powder, soy lecithin, salt, natural flavor), fructose, soynut butter (roasted soynuts, soybean oil, maltodextrin, evaporated cane juice), brown rice syrup, fruit puree blend (dried plums, dried dates, white grape juice concentrate), dried cranberries (cranberries, apple juice concentrate), SoLo fiber blend (inulin, oat bran concentrate), dry roasted soynuts, natural flavors, sunflower oil, water, vitamin and mineral blend\*. **Contains milk and soybeans.**

\*Vitamin and Mineral Blend: [Dicalcium phosphate, magnesium oxide, ascorbic acid (vit. C), vitamin E acetate, niacinamide (vit. B3), zinc oxide, copper gluconate, d-calcium pantothenate, manganese sulfate, pyridoxine (vit. B6), riboflavin (vit. B2), thiamin mononitrate (vit. B1), vitamin A palmitate, chromium chloride, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, phytonadione (vit. K1), cholecalciferol (vit. D3), cyanocobalamin (vit. B12)]

**Made in a facility that produces products containing milk, soybeans, wheat, tree nuts, peanuts and eggs.**

## Nutritional Information

<i>Serving Size = 1 Bar</i>	<b>Berry Bliss</b>		<b>Chocolate Charger</b>		<b>Mint Mania</b>		<b>Peanut Power</b>		<b>Lemon Lift</b>	
Calories	200	%Daily Value*	200	%Daily Value*	200	%Daily Value*	200	%Daily Value*	200	%Daily Value*
Calories from fat	60		60		60		70		60	
<b>Total Fat</b>	<b>6g</b>	<b>9%</b>	<b>7g</b>	<b>10%</b>	<b>7g</b>	<b>11%</b>	<b>8g</b>	<b>11%</b>	<b>6g</b>	<b>9%</b>
Saturated fat	2.5g	13%	3g	14%	3g	14%	3g	15%	2.5g	13%
Trans fat	0g		0g		0g		0g		0g	
Cholesterol	5mg	2%	5mg	2%	5mg	2%	0mg	0%	5mg	2%
Sodium	125mg	5%	120mg	5%	120mg	5%	125mg	5%	105mg	4%
Potassium	60mg	2%	220mg	6%	210mg	6%	130mg	4%	55mg	2%
<b>Total Carbohydrate</b>	<b>25g</b>	<b>8%</b>	<b>26g</b>	<b>9%</b>	<b>26g</b>	<b>9%</b>	<b>23g</b>	<b>7%</b>	<b>26g</b>	<b>9%</b>
<b>Dietary Fiber</b>	<b>3g</b>	<b>12%</b>	<b>4g</b>	<b>15%</b>	<b>4g</b>	<b>15%</b>	<b>3g</b>	<b>12%</b>	<b>4g</b>	<b>16%</b>
Sugars	18g		17g		17g		15g		19g	
<b>Protein</b>	<b>11g</b>	<b>20%</b>	<b>11g</b>	<b>20%</b>	<b>11g</b>	<b>20%</b>	<b>13g</b>	<b>20%</b>	<b>11g</b>	<b>20%</b>
<b>Vitamin A</b>		<b>10%</b>		<b>10%</b>		<b>10%</b>		<b>10%</b>		<b>10%</b>
<b>Vitamin C</b>		<b>10%</b>		<b>10%</b>		<b>10%</b>		<b>10%</b>		<b>10%</b>
<b>Vitamin E</b>		<b>10%</b>		<b>15%</b>		<b>15%</b>		<b>10%</b>		<b>10%</b>
<b>Calcium</b>		<b>20%</b>		<b>20%</b>		<b>20%</b>		<b>20%</b>		<b>20%</b>
<b>Iron</b>		<b>4%</b>		<b>10%</b>		<b>10%</b>		<b>8%</b>		<b>4%</b>

\*Percent daily values (DV) are based on a 2,000 calorie diet.

For more information visit us at [www.solo-gi.com](http://www.solo-gi.com)

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