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▶ See bottom panel for complete nutrition facts and ingredients.



**P90X**

PEAK PERFORMANCE

**WILDBERRY YOGURT**

Flavor

12 Protein Bars



## Nutrition Facts

Serving Size 1 Bar (65g)  
Servings Per Container 12

### Amount Per Serving

**Calories 250**                      **Calories from Fat 60**

**% Daily Value\***

<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 17g	
<b>Protein</b> 20g	<b>40%</b>

Vitamin A 15%	•	Vitamin C 20%
Calcium 6%	•	Iron 25%
Vitamin E 15%	•	Thiamin 15%
Riboflavin 20%	•	Niacin 15%
Vitamin B6 15%	•	Folate 20%
Vitamin B12 15%	•	Biotin 15%
Pantothenic Acid 15%	•	Phosphorus 8%
Iodine 15%	•	Magnesium 2%
Zinc 15%	•	Copper 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat. Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**SUGGESTED USE:** Enjoy a P90X® Peak Performance Bar as a midmorning or midday snack, or as an occasional meal replacement.

**INGREDIENTS:** Protein blend (soy protein isolate, calcium caseinate, soy protein crisps [soy protein isolate, tapioca starch, salt], whey protein isolate), yogurt flavored coating (sucrose, fractionated palm kernel oil, whey powder, nonfat dry milk powder, yogurt powder [cultured whey and nonfat milk], soy lecithin [an emulsifier], vanilla), evaporated cane juice invert syrup, polyglycolol syrup, glycerine, isomalto-oligosaccharides (prebiotic fiber), natural almond butter, palm oil, dried fruit blend (strawberries, raspberries), natural strawberry flavor, natural mixed berry flavor, citric acid, sea salt.

**VITAMINS AND MINERALS:** Vitamin C (ascorbic acid), natural vitamin E [*d-alpha* tocopheryl acetate], niacinamide, reduced iron, zinc oxide, calcium d-pantothenate, pyridoxine hydrochloride (vitamin B6), copper gluconate, riboflavin (vitamin B2), vitamin A palmitate, thiamine mononitrate (vitamin B1), folic acid, biotin, potassium iodide, cyanocobalamin (vitamin B12).

**ALLERGEN INFORMATION:** Contains soy, milk, and almonds. Made in a facility that processes peanuts, tree nuts, soy, dairy, eggs, and wheat.

**Tested  
Gluten  
Free**



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