

Energy Bars

Product Features

- 100% Natural
- No chemical preservatives or additives
- No processed sugar - Natural fruit based
- Multi grain - Rich in millets and Ancient grains
- Natural Proteins and fiber from seeds nuts and whole grains
- Less than 8g sugar/ serving
- Saturated fat content less than 2.5g/serving
- Calcium requirement – 10% to 15% of RDA



Ingredients

Whole grains (Cereals, Millets, Pulses), Seeds, Nuts, Dehydrated fruits, Natural sweeteners like Honey, Jaggery, Super foods like Spirulina, Chia, Quinoa, Flax,

Flavours - Chocolate, Vanilla, Mixed fruit, Berry, Cardamom and many more

Target Population

1. School going children and adolescent children
2. Busy professionals and Sports enthusiasts

Nutrition Facts*

Serving size: 40 grams

Parameters	Amount per serving	% DV
Calories, Kcal	160 - 170	8.5
Total Carbohydrates, g	22 - 25	20
Sugar, g	6 - 8	
Dietary Fiber, g	3 - 4	10%
Protein, g	4 - 5	8.3%
Total Fat, g	6 - 7	10%
Sat. Fat, g	1.2 - 2.0	
Calcium, mg	60 - 80	10-15

*Calculated based on RDA for adult man on a 2000 Kcal diet as per Dietary guidelines of ICMR-NIN, India & Nutritive Value of Indian Foods, ICMR-NIN. DV – Daily Value; RDA – Recommended Dietary Allowances; ICMR-NIN – Indian Council of Medical Research-National Institute of Nutrition.

Nutritional facts for each variant will be different and specific nutritional values and dosage of targeted nutrients can be achieved as per client's requirement.

Shelf Life: 6 months from date of manufacture

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