

# ENERGYFIRST E PROTEIN BAR

Cookies & Cream Peanut Butter Crunch Chocolate Chip Cookie

> NO MALTITOL

GLUTEN

100%

ALLETTAN ALETTAN CAREAT

#### THE BEST TASTING, HIGHEST-QUALITY, HEALTHIEST, ALL NATURAL PROTEIN BARS ON THE MARKET... **BAR NONE!**

**Permalean® Protein Bars** are designed to help build a leaner body, burn extra fat, and provide nutrition without polluting your diet with empty calories. These high-protein, low-carb energy bars are crafted according to our strictest standards for optimal health and nutrition.

ENERGY FIRST

# THE PERFECT, PURE AND POWERFUL **PROTEIN BAR THAT WILL:**



- KEEP YOU GOING ALL DAY LONG

- KEEP YOUR WEIGHT ON TRACK



KEEP YOU HUNGER CONTROLLED BETWEEN MEALS



KEEP YOU MENTALLY SHARP WHETHER AT WORK OR WORKING OUT MADE WITH 100% NATURAL INGREDIENTS

GREAT

TASTE

ENERGY FIRST

Chocolate Chip Cookie

ERMALEAN

10.0



**#HEALTHYHABIT** 

#### FINALLY... A PROTEIN BAR THAT TASTES AS GOOD AS A CANDY BAR!... BUT WHAT A PROTEIN BAR IS SUPPOSED TO BE!

A protein bar should improve your diet... not overwhelm it with more sugar, sweeteners, cheap fillers and synthetic ingredients. Many protein bars on the market have sugar as the dominant ingredient, EnergyFirst Permalean **Protein Bars** *have less than 5 grams of sugar!* 

The high-quality protein blend in *EnergyFirst Permalean Protein Bars* includes milk protein isolate and whey protein isolate, both of which are concentrated sources of protein with virtually no fat, carbohydrates, or lactose (milk sugars). The impressively high amino acid composition stimulates muscle growth, making it ideal for gaining and maintaining lean muscle mass. The amino acids in

whey protein isolate are rapidly absorbed, making them suitable for a post-workout replenishing snack.

#### WHEY PROTEIN IS ALSO ASSOCIATED WITH OTHER HEALTH BENEFITS INCLUDING:

- Weight loss
- Anti-cancer
- Lowering blood triglycerides and cholesterol
- Lowering blood pressure
- Improving insulin levels

## PERMALEAN® PROTEIN BARS

- Have clean carbs which come from 10 grams of fiber per serving
- Give you sustained energy
- Fill you up and keep insulin and blood sugar levels from spiking
- Ideal for those who want to lose body fat and build muscle
- Just the right amount of fat to slow down the release of carbohydrates into the bloodstream

#### **NO QUESTION... PERMALEAN®** PROTEIN BARSKEEP YOU SATISFIED!

		YFIRST'E	Nutrition Facts Serving Size 1 bar (60g) Servings Per Container: 12 Amount per Serving
PERMALEAN		Calories 230	
PROTEIN BAR Chocolate Chip Cookie	PROTE	IN BAR	Calories from Fat 60 % Daily Value*
			Total Fat 7g 11%
	Chocolat	te Chip Cookie	Saturated Fat 4.5g 23% Trans Fat 0g
		Ingredients: PermaPro Protein Blend	Cholesterol 10mg 3% Sodium 125mg 5%
1 tomato	ACTIVITY OF THE OWNER	(Milk Protein Isolate, Whey Protein	Total Carbohydrate 23g 8%
A Level		Isolate), Isomalto-oligosaccharides	Dietary Fiber 10g 40%
	230	(Prebiotic Fiber), Chocolate Flavored	Sugars 4g
	STAN	Coating (Sugar, Palm Kernel Oil, Cocoa	Protein 23g
	ENERGYFIRST	Powder, Soy Lecithin [Emulsifier], Vanilla), Chocolate Chips (Organic Cane Sugar,	Vitamin A 0% Vitamin C 0%
	- TALEAN	Organic Cocoa Liquor, Organic Cocoa	Calcium 6%
	RMALE	Butter, Organic Vanilla, Sunflower	Iron 4%
	ENERGYFIKST RMALEAN PROTEIN BAR hocolate Chip Cookie	Lecithin), Sunflower Seed Butter, Palm Kernel Oil, Soy Lecithin (Emulsifier),	* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or
C		Natural Flavors, Stevia.	lower depending on your calorie needs. Calories 2,000 2,500
			Total Fat Less than 65g 80g Sat Fat Less than 20g 25g
		Allergen Information: Contains Milk	Cholesterol Less than 300mg 300mg
		and Soy. Produced on equipment that	Total Carbohydrate 300g 375g
	A BACK COLORINA	also processes Wheat, Peanuts, Tree	Dietary Fiber 25g 30g Calories per gram
	000	Nuts and Egg.	Fat 9 • Carbohydrates 4 • Protein 4
Nutrition Facts		5	
Serving Size 1 bar (60g)	ENERGYFIRS		The states
Servings Per Container: 12		Contraction of the second seco	SULES STATE
Amount per Serving	PERMAL		RST & 239
Calories 230			FANP
Calories from Fat 60		PROTEIN	LAR AND
% Daily Value* Total Fat 7g 11%	PROTEIN BA	VR Peanut Butter 0	Snunch
Saturated Fat 4.5g 23%	Peanut Butter	Crunch	
Trans Fat Og	reanul buller	Crunch	
Cholesterol 5mg 2%			
Sodium 150mg 6%	Ingredients: PermaPro Protein Blend		No has been been at the base of the
Total Carbohydrate 23g 8%	(Milk Protein Isolate, Whey Protein Isolate), Isomalto-oligosaccharides		
Dietary Fiber 10g 40%	(Prebiotic Fiber), Peanut Flavored		
Sugars 4g Protein 23g	(Prebiotic Fiber), Peanut Flavored Coating (Sugar, Palm Kernel Oil, Partially		
Vitamin A 0%	Defatted Peanut Flour, Milk Protein Isolate, Nonfat Dry Milk Solids, Peanut Oil,	ENERGY FIRST'S	A STEAN I
Vitamin C 0%	Soy Lecithin [Emulsifier], Salt), Glycerine,	FRMALE	22-
Calcium 8%	Peanut Butter (Peanuts, Salt, Palm Oil).	ALEAN	
Iron 2%	Peanuts, Peanut Flour, Whey Crisp (Whey	PROTEIN BAR	
* Percent Daily Values are based on a 2,000	Protein Isolate, Whey Protein Concentrate, Tapioca Starch, Calcium Carbonate,	Peanut Butter Crunch	
calorie diet. Your daily values may be higher or lower depending on your calorie needs.	Soy Lecithin (Processing Aid)), Palm	orunch	
Calories 2,000 2,500 Total Fat Less than 65g 80g	Kernel Oil, Soy Lecithin (Emulsifier),		
Set Ext. Lass than 30a 35a	Natural Flavors, Salt, Stevia.		

25g 300 200 Ch 300mg 2,400m 375g lore Sodium Total Carbo Dietary F 2,400 ary F Fat 9 + Car

> ENERGY FIRST' ERMALEAN OTEIN BAR

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Less than

Sat Fat

Natural Flavors, Salt, Stevia.

Allergen Information: Contains Peanuts, Soy and Milk. Produced on equipment that also processes Wheat, Tree Nuts and Egg.



ENERGY FIRST

emulsifier). salt, peanut butter (peanuts, salt, palm oil), stevia. Allergen Information: Contains milk, soy

and peanuts. produced on equipment that also processes treenuts and wheat.

23g wotein	2		
Nutr Serving Siz Servings Pr Amount p Calories	e 1 bar (6) ar Contain	0g) er: 12	icts
Calories 1	rom Fat	60 % Dail	v Vahue*
Trans F Cholester Sodium 1 Total Carl	ed Fat 4.3 at 0g ol 10mg 60mg bohydrati Fiber 9g	-	11% 23% 3% 7% 8% 36%
Protein 2 Vitamin A Vitamin C Calcium Iron	3g		0% 0% 8% 2%
Total Fat Sati Fat Cholesterol Sodium Total Carboh Dietany Fi	ur dely value rg on your cal Calories Less than Less than Less than Less than ydrate	ased on a 2) s may be hig tote needs. 2,000 65g 20g 300mg 2,400mg 300g 25g	00 her or 2,500 80g 25g 300mg 2,400mg 375g 30g

Nutrition Easte

#### PACKED WITH 23 GRAMS OF PROTEIN!

- No Artificial Ingredients (including artificial flavors and sweeteners, such as sucralose)
- No Malitol or Erythritol (sugar alcohols that cause GI discomfort, such as bloating, diarrhea, cramps, and gas)
- No High Fructose Corn Syrup
- No Genetically Modified Ingredients
- No Hydrogenated Fats
- No Preservatives
- No Trans Fats

#### HOW PERMALEAN PROTEIN BARS CRUSH THE COMPETITION

PROTEIN BARS COMPARISON CHART

Brand	Bar	Protein (in g)	Whey Protein Isolate	100% Natural	Maltitol FREE*	Sweetened w/ Stevia*	Certifed Gluten FREE	Best Tasting	CALORIES	SIZE	SUGAR	FAT	CARBS
Permalean	Cookies & Cream	23							230	60g	4g	7g	23g
Permalean	Peanut Butter Crunch	23	-	-	-	1	<b>\</b>	<b>\</b>	230	60g	4g	7g	23g
Permalean	Chocolate Chip Cookie	23	-	-	<b>√</b>	<b>√</b>	-	-	230	60g	4g	7g	23g
Quest	Cookies n Cream	21	<b>\</b>		$\checkmark$	<b>√</b>	$\checkmark$		180	60g	1g	7g	22g
Quest	Chocolate Brownie	20	-		<b>√</b>		-		170	60g	1g	6g	24g
Quest	Cookie Dough	21	-		-		-		190	57g	1g	8g	24g
Think Thin	Brownie Crunch	20	-				$\checkmark$		230	60g	Og	8g	25g
Fit Crunch	Cookies n Cream	16	-						190	46g	3g	8g	14g
PowerBar	Protein Plus	20			$\checkmark$				280	65g	22g	9g	29g
Luna Bar	Chocolate Cupcake	9			$\checkmark$				180	48g	12g	5g	27g
Luna Bar	Chocolate Chip Cookie Dough	12			-				170	45g	15g	6g	21g
Clif Bar	Sierra Trail Mix	10			-				250	68g	22g	8g	40g
Pure Protein	Chocolate Peanut Butter	31	-		1				310	78g	3g	10g	25g
Pure Protein	Chocolate Deluxe	21	-				-		180	50g	3g	4.5g	17g
Lenny&Larry	The Complete Cookie	8		1	<b>√</b>				190	56.5g	15g	6g	27g
Supreme	Peanut Butter Crunch	30	-		-				400	86g	10g	18g	26g
Gatorade	Whey Protein Bar	20	-		1				340	80g	29g	10g	43g
Pro-Max	Peanut Butter Crisp	28	-		-	-	~		350	90g	14g	13g	37g
Oh Yeah	Peanut Butter Chip	21	-		$\checkmark$		$\checkmark$		200	65g	8g	6g	28g
Met-Rx	Peanut Butter	30	-		-				300	85g	2g	10g	34g

\* Stevia is a sweetener and sugar substitute extracted from the leaves of the plant species Stevia rebaudiana.

\* Maltitol is an artificial ingredient which causes digestive issues, creates bloating and gas.

## **Dietary Fiber Source:**

Permalean Protein Bars get their fiber from Isomalto-Oligosaccharides, a prebiotic fiber derived from plant sources The Energy First 100% Guarantee or your money back

