



Traditional snack foods such as potato chips, cheese puffs, and chocolate biscuits have lined the shelves of our neighbourhood supermarkets and grocery stores for decades. Although they are convenient, many snack products sold today are far from wholesome; they contain empty calories and unhealthy ingredients such as high fructose corn syrup and trans fats. Such foods may contribute to the obesity epidemic when they are not consumed in moderation, or as a small part of an overall nutritious and balanced diet. That's why it's important to have a healthy choice in snacks especially when striving to achieve or maintain a healthy weight.

Snacking Smarter

- The right combination of protein and fibre has been shown to curb hunger and promote satiety.
- Flaxseed, a plant source of ALA (alpha-linolenic acid) is rich in omega-3 fatty acids, fibre, and lignans that have been shown to have benefits for digestive health and help maintain healthy total cholesterol and LDL cholesterol - important indicators of cardiovascular health.
- Antioxidants from berries have been associated with protecting cells from free radical oxidation.
- Healthy snacking twice a day can keep your appetite in check, increasing your chances for success while on a weight loss or weight management program.



#694 – 15 individually wrapped bars (15 servings)

- 10g protein
- 320mg omega-3s
- 5g fibre
- 180 calories



WHOLE GRAINS (10%)



FLAXSEED (3%)



MIXED BERRIES (15%)



ASSORTED NUTS (10%)

Our Solution: NeoLifeBar

The perfect snack for the whole family! NeoLifeBar is a delicious, nutritious, natural snack that satisfies your hunger between meals.

- Based on the science of GR² (Glycaemic Response) Control Technology to help minimise fat storage and promote fat burning.
- Rich source of protein and fibre from the NeoLife proprietary protein and fibre blend to help you feel fuller longer.
- Whole grain goodness from soy crisps blended with rolled oats.
- Provides 320mg of omega-3s from flaxseed, with ALA which is an essential fatty acid that plays a role in managing normal inflammatory processes our bodies experience on a day-to-day basis. Also a good source of dietary fibre and beneficial lignans.
- Antioxidants abound in a fusion of dried blueberries, dried cranberries and raisins.
- Chunks of cashews and almonds, plus sunflower and pumpkin seeds - provide a boost of protein, fibre, and delicious flavour.
- 17 essential vitamins and minerals.
- Fits perfectly in the NeoLife Weight Management Program as a healthy AM or PM snack.
- No artificial colours, flavours, sweeteners, or preservatives added.
- Dairy free.

Nutrition Information

Serving Size: 1 Bar (45 g)
 Servings Per Container: 15

| | Amount per serving | Amount per 100g |
|------------------------|--------------------|--------------------|
| Energy | 750 kJ (180 cal) | 1,667 kJ (400 cal) |
| Protein | 10 g | 22 g |
| Fat, total | 6 g | 13 g |
| Saturated | 1 g | 2 g |
| Polyunsaturated | 2.1 g | 4.7 g |
| Monounsaturated | 2.8 g | 6.2 g |
| Trans | 0 g | 0 g |
| Cholesterol | 0 mg | 0 mg |
| Carbohydrates | 22 g | 49 g |
| Sugars | 10 g | 22 g |
| Dietary Fibre | 5 g | 11 g |
| Soluble Fibre | 4 g | 8 g |
| Insoluble Fibre | 1 g | 2 g |
| Sodium | 110 mg | 245 mg |
| Potassium | 120 mg | 267 mg |
| Vitamin A | 375 µg | 833 µg |
| Vitamin C | 20 mg | 44 mg |
| Calcium | 260 mg | 578 mg |
| Iron | 4.8 mg | 11 mg |
| Vitamin D ₃ | 3.5 µg | 7.8 µg |
| Vitamin E | 7.8 mg | 18 mg |
| Thiamin | 0.6 mg | 1 mg |
| Riboflavin | 0.6 mg | 1 mg |

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|--|--------|--------|
| Niacin | 7 mg | 16 mg |
| Vitamin B ₆ | 0.7 mg | 2 mg |
| Folic Acid | 140 µg | 311 µg |
| Vitamin B ₁₂ | 2 µg | 4 µg |
| Pantothenic Acid | 4 mg | 8 mg |
| Phosphorus | 318 mg | 707 mg |
| Chromium | 30 µg | 67 µg |
| Omega 3 fatty acids (from flax seeds) | 320 mg | 711 mg |

INGREDIENTS: NeoLife proprietary protein and fibre blend [soy crisps (soy protein isolate, tapioca starch, salt), resistant maltodextrin, rolled oats, soy protein isolate, flaxseed, oat fibre], tapioca syrup, pumpkin seeds, raisins, evaporated sugar cane juice, dried cranberries (cranberries, sugar, sunflower oil), cashews, roasted almonds (almonds, sunflower oil), brown rice syrup, roasted sunflower seeds (sunflower seeds, sunflower oil), vitamin and mineral blend [calcium phosphate, d-alpha tocopherol and mixed tocopherols (vitamin E), vitamin C, niacinamide, ferrous sulfate (iron), chromium yeast, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin D₃, vitamin B₁₂ and folic acid], sunflower oil, natural flavour, dried blueberries (blueberries, apple juice concentrate, sunflower oil), salt and tocopherols (tocopherols, sunflower oil).



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