



*“Winning is something;
your personal best is everything.”*

From a young age I would go running with my dad, and over time, when he looked back I wasn't far behind! ---As I trained, graduating into a competitive triathlete, I searched without luck for a bar that was both vegan and great tasting. Finally, I hit the kitchen in 1997 turning my grandmother's cookie recipe into a vegan energy bar. My "e-bar," now 3BAR caught on and soon outgrew my kitchen!

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|---------------|--------------------|
| - VEGAN | - GMO FREE |
| - PLANT BASED | - TRANS FAT FREE |
| - SOY FREE | - CHOLESTEROL FREE |
| - WHEAT FREE | - 100% NATURAL |
| - GLUTEN FREE | - TASTES GREAT |

Ingredients: Brown Rice Syrup, Peanuts, Semi Sweet Chocolate (Sugar, Chocolate Liquor, Cocoa Butter), Pea Protein, Xylitol, Fiber Syrup (Chicory Root Extract), Pea Crisps (Pea Protein, Pea Starch, Rice Flour, Calcium Carbonate), Partially Defatted Peanut Flour, Peanut Butter, Rice Protein, Peanut Extract, Sunflower Lecithin - CONTAINS: Peanut - MAY CONTAIN TRACES OF: Milk, Wheat Other Tree Nuts, Shell or Shell Fragments



Nutrition Facts	Amount / Serving	%DV*	Amount / Serving	%DV*
Serv Size 1 bar (52 g)	Total Fat 11g	11%	Total Carb 38g	8%
Calories 232	Sat. Fat 3g	11%	Sugars 11g	
Calories from Fat 65	Trans Fat 0g		Dietary Fiber 4g	13%
	Cholesterol 0g	0%	Sugar Alcohol 4g	
	Sodium 104mg	4%	Protein 13g	30%
	Potassium 67.2% - Vitamin A 8.3% - Vitamin C 0.1% - Calcium 59.8% - Iron 2.8%			

* Percent Daily Values (DV) are based on a 2,000 calorie diet
Sugar alcohol is a slow to non-digestible, naturally occurring carbohydrate derived from corn, fruit, berries, Birchwood and other plants. Individuals sensitive to sugar alcohol should avoid excessive consumption.

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TRI3BAR



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#3BARENERGY

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