

# Creatine Whey Boost™

15 g of whey protein + creatine monohydrate

PBWBAR, CHWBAR | 2.11 oz (60 g)



## MUSCULOSKELETAL HEALTH

**Creatine Whey Boost™** is a tasty, health-focused bar that promotes energy production, athletic performance, and endurance. This bar is sweetened primarily with allulose, a rare sugar that naturally occurs in small amounts in foods like figs, raisins, jackfruit, and maple syrup. This protein-packed bar is ideal for athletes, fitness enthusiasts, or anyone leading an active lifestyle. It is suitable for vegetarians.

### Fuel and Recover.

**Creatine Whey Boost™** delivers 15 g of high-quality whey protein and creatine monohydrate, an ingredient that helps supply energy to muscles during high-intensity exercise. Whey protein is naturally found in dairy foods such as milk, yogurt, and cheese, while creatine is found in animal-based foods like red meat, poultry, and fish. When combined with resistance training (such as weightlifting or body-weight exercise), that's where the magic happens.



**Energy Production, Athletic Performance, and Athletic Endurance:** Creatine provides quick energy for short, powerful movements, while protein helps build and repair muscle.

### Chocolatey Crisp

| Nutrition Facts  | Amount/serving          | % DV                | Amount/serving        | % DV                   |
|--|-------------------------|---------------------|-----------------------|------------------------|
|  | 1 serving per container | <b>Total Fat</b> 9g | <b>11%</b>            | <b>Total Carb.</b> 26g |
| <b>Serving size</b><br><b>1 Bar (60g)</b>                                | Sat. Fat 7g             | <b>37%</b>          | Fiber 8g              | <b>28%</b>             |
|  | Trans Fat 0g            |                     | Total Sugars 1g       |                        |
| <b>Calories per serving</b> <b>180</b>                                   | <b>Cholesterol</b> 10mg | <b>3%</b>           | Incl. 0g Added Sugars | <b>0%</b>              |
|  | <b>Sodium</b> 80mg      | <b>3%</b>           | <b>Protein</b> 15g    | <b>18%</b>             |
| Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 1.6mg 9% • Potassium 180mg 4% |                         |                     |                       |                        |

**Ingredients:** Allulose, whey crisps (whey protein isolate, whey protein concentrate, tapioca starch, calcium carbonate, sunflower lecithin), cassava root syrup, modified milk ingredient (whey protein isolate, milk protein isolate, sunflower lecithin), milk protein isolate, coconut oil, soluble tapioca fiber, cocoa powder, creatine monohydrate, palm kernel oil, cacao nibs, plant fibers, coconut milk, natural flavor, sea salt, rebaudioside M, sunflower lecithin, annatto extract, steviol glycosides, rosemary extract. **Contains milk.**

### Peanut Butter

| Nutrition Facts  | Amount/serving          | % DV                 | Amount/serving        | % DV                   |
|--|-------------------------|----------------------|-----------------------|------------------------|
|  | 1 serving per container | <b>Total Fat</b> 11g | <b>14%</b>            | <b>Total Carb.</b> 25g |
| <b>Serving size</b><br><b>1 Bar (60g)</b>                                | Sat. Fat 8g             | <b>38%</b>           | Fiber 8g              | <b>27%</b>             |
|  | Trans Fat 0g            |                      | Total Sugars 1g       |                        |
| <b>Calories per serving</b> <b>200</b>                                   | <b>Cholesterol</b> 5mg  | <b>2%</b>            | Incl. 0g Added Sugars | <b>0%</b>              |
|  | <b>Sodium</b> 70mg      | <b>3%</b>            | <b>Protein</b> 15g    | <b>4%</b>              |
| Vitamin D 0mcg 0% • Calcium 60mg 5% • Iron 0.7mg 4% • Potassium 120mg 3% |                         |                      |                       |                        |

**Ingredients:** Allulose, cassava root syrup, modified milk ingredient (whey protein isolate, milk protein isolate, sunflower lecithin), milk protein isolate, peanut flour, coconut oil, whey crisps (whey protein isolate, whey protein concentrate, tapioca starch, calcium carbonate, sunflower lecithin), soluble tapioca fiber, peanut butter, creatine monohydrate, palm kernel oil, cacao nibs, plant fibers, coconut milk, natural flavors, vanilla extract, sea salt, rebaudioside M, sunflower lecithin, annatto extract, steviol glycosides, rosemary extract. **Contains milk, peanuts.**

## WHAT'S INSIDE:

(per 60 g bar)

|   | Chocolatey Crisp | Peanut Butter |
|---|------------------|---------------|
| <b>Calories</b> — a portion-controlled, satisfying snack  | <b>180</b>       | <b>200</b>    |
| <b>Protein</b> — mainly from whey protein   | <b>15 g</b>      | <b>15 g</b>   |
| <b>Dietary fiber</b> — over a quarter of your daily fiber needs                                 | <b>8 g</b>       | <b>8 g</b>    |
| <b>Total carbohydrates</b> — with 1 g total sugar and 0 g added sugars                          | <b>26 g</b>      | <b>25 g</b>   |
| <b>Fat</b>  | <b>9 g</b>       | <b>11 g</b>   |
| <b>Net carbs*</b>   | <b>4 g</b>       | <b>4 g</b>    |
| <b>Clean ingredients</b> — free from soy, gluten, dairy, GMOs, and artificial colors/sweeteners |                  |               |

\* The Net Carbs for one bar is 4 g and is calculated by subtracting the dietary fiber (8 g) and other low glycemic carbohydrates (14 g [chocolatey crisp] and 13 g [peanut butter] from allulose) from the total carbohydrates (26 g [chocolatey crisp] and 25 g [peanut butter]). Individuals who monitor their carbohydrate intake may deduct these low glycemic carbohydrates from the "Total Carb" count (in the Nutrition Facts panel) due to their minimal impact on blood sugar.