

## 2198318 – AMSport Soul Bar Fruit & Nut 40g

### Sales description

Natural fruit & nut bar, 100% vegan

### Ingredients

Dates\* 59,2%, cashew nuts (17,1%)\*, coconut sugar\*, beet\*, spinach\*, blackberry pieces\*, raspberry pieces\*, green tea extract\*

\* from controlled organic cultivation

Nutritional information	per 100 g		per bar (40 g)	
	kJ	kcal	kJ	kcal
Energy	1491	354	596	141
Fat [g]	8,5		3,4	
of which saturates [g]	1,8		0,7	
Carbohydrates [g]	58,7		23,5	
of which sugars** [g]	53,5		21,4	
Fibre [g]	7,3		2,9	
Protein [g]	7,0		2,8	
Salt [g]	0,12		0,05	

\*\*exclusively from fruits

### Suggested usage

Consume as required.

## 2251684 – AMSport Soul Bar Cashew & Superfood 40g

### Sales description

Natural fruit & nut bar, 100 % vegan

### Ingredients

Dates\* 59,2%, cashew nuts (17,1%)\*, pecan nuts\* 8,3%, goji berries\* 2,1%, sunflower oil\*, chia seeds\* (Salvia hispanica), cranberries\* 1,7%, blueberries\* 1,3%

\* certified organic

Nutritional information	per 100 g		per bar (40 g)	
	kJ	kcal	kJ	kcal
Energy	1800	430	720	172
Fat [g]	21		8,4	
of which saturates [g]	3,1		1,2	
Carbohydrates [g]	48,1		19,3	
of which sugars** [g]	39,6		15,9	
Fibre [g]	7,0		2,8	
Protein [g]	8,5		3,4	
Salt [g]	0,08		0,03	

\*\*exclusively from fruits

### Suggested usage

Consume as required.