



## Weider 32% protein bar 12x 60g

32% Protein Bar from Weider - bar with carbohydrates and proteins.

CHF 60.00



The athletic guideline for nutritional composition for bodybuilders states that at least 50% carbohydrates, 30% protein and a maximum of 20% fat should be consumed. This is not always easy in practice. Who knows the exact composition of all foods? The 32% Protein Bar complies with this guideline and gives you the option of a simple and balanced diet that meets your training goal.

The big difference between this snack and conventional chocolate snacks is not only the high protein content, but also the much lower amount of fat. A normal chocolate snack contains 16g of fat per 60g. The 32% Protein Bar is in no way inferior to these bars in taste, but only has a fat content of 5.4g fat per 60g. On the other hand, the 32% Protein Bar contains more than 19g protein per 60g bar (for comparison: good 35g bars contain approx. 9g protein). Banana flakes are incorporated into the protein mixture of milk and egg protein for a first-class taste. In addition, just one bar covers a large part of the daily requirement of essential vitamins. Covered in wafer-thin milk chocolate, it is the ideal snack between meals. For all those who need a lot of protein for their trained muscles but little fat. To make training worthwhile.

### Product features:

- Bar with carbohydrates and protein
- High protein, low fat and first-class taste
- When it needs to be sweet and tasty.

### Recommended intake:

Ideal as a snack or dessert. Before and after training.

Flavors: Banana, Cookies & Cream, Coconut, Strawberry, Chocolate, White Chocolate Banana

**The Shark  
Fitness Company**



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Packaging unit: 24 x 60g bars

Content: 1440g