



## Weider 40% Low Carb High Protein Bar - 24x50g



Fitness bar by Weider with 40% protein and low carbohydrates per bar.

CHF 64.80

20g protein per bar, low carbohydrates. The bar contains only 2g net carbs. Conventional bars contain at least 40g net carbs. Net carbs are carbohydrates that raise blood sugar levels, such as sugar. The less Net Carbs in the definition phase the better.

The contained milk protein provides protein for a long time, especially important during the diet.

The contained soy protein isolate has proven to support the definition phase. Isolates contain hardly any carbohydrates and fat compared to concentrates. Further study results indicate that soy protein isolate can have beneficial effects on body composition. So it is possible to reward yourself tasty for the hard training also in the meltdown phase.

bull: This bar meets the nutritional recommendations in the definition phase

bull: A lot of protein protects the muscles from muscle loss during diets

bull: The low carbohydrate content supports the endurance of the definition phase

: 24 x 50g bar

Flavors: Chocolate, Stracciatella, Red Fruit, Peanut Caramel