

ENJOY IT WHILE STAYING IN SHAPE

4 Ore Senza Fame

Food made from natural ingredients

IT'S NOURISHING

The natural ingredients in this bar will nourish you and satisfy your hunger without filling you up. The fibre content also stimulates your bacterial flora to regulate your intestinal functions.

INGREDIENTS

Seeds (linseeds, pumpkin seeds, sunflower seeds), puffed cereals (spelt, millet, amaranth, Khorasan wheat), Italian honey, almonds, oat flakes, walnuts, puffed quinoa.

DOESN'T CONTAIN

Contains no additives, preservatives, hydrogenated fats, artificial sweeteners or colouring.

RECOMMENDATIONS

This bar is recommended for breakfast, as a snack between meals, before or after a sporting activity and as a meal replacement. Suitable for all ages.

Retail price € 3,90



Rilevo

EDUCAZIONE ALIMENTARE



4 Ore Senza Fame

*All the nutrition
you need in one bar.
On sale at pharmacies*

ANY DAY ANY TIME

4 Ore Senza Fame



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MADE IN ITALY



NUTRITION FACTS	for 100g	for 50g	
Energy	443,9 kcal	222 kcal	
	1835 kJ	926,5 kJ	
Fats	22,6 g	10,39 g	
of which: saturated fatty acids	2,6 g	1,3 g	
of which: unsaturated fatty acids	20 g	10 g	
of which: Omega-3	3,36 g	1,68 g	
of which: Omega-6	7,74 g	3,87 g	
Carbohydrates	41,2 g	20,6 g	
of which sugar	21,1 g	10,55 g	
Dietary fiber	10,5 g	5,25 g	
Proteins	15 g	7,5 g	
Salt	37,5 mg	18,7 mg	
Potassium	1080 mg	540 mg	27% NRV
Magnesium	214 mg	107 mg	29% NRV
Iron	5 mg	2,5 mg	18% NRV
Vitamin E	6,7 mg	3,35 mg	27% NRV

NRV = Nutrient Reference Values

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