

**SUGGESTED USE:** Enjoy a P90X Peak Performance Bar as a midday snack, or as an occasional meal replacement.

**INGREDIENTS:** Beachbody® protein blend (soy protein isolate, whey protein concentrate), dates, dried apples, coating (sugar, fractionated palm kernel oil, cocoa powder, nonfat milk powder, soy lecithin, natural vanilla flavor), raisins, rolled oats, soybean oil, dextrose, dextrin, soy rice crisps (rice flour, soy flour, soy protein isolate, sugar, malt extract, cocoa, salt), fructooligosaccharides (natural extract of chicory root), glycerine, soy lecithin, coffee solids, rice bran, natural flavor. **MINERALS AND VITAMINS:** Dicalcium phosphate, magnesium oxide, ascorbic acid, vitamin E (dl alpha tocopheryl acetate), ferrous fumarate, niacinamide, zinc oxide, biotin, calcium pantothenate, vitamin A palmitate, manganese sulfate, phytanadione (vitamin K), pyridoxine HCl, riboflavin, thiamine mononitrate, cupric oxide, folic acid, cyanocobalamin (B12), potassium iodide.

**ALLERGY INFORMATION:** Contains soy and milk ingredients. Is a facility that processes peanuts, tree nuts, wheat, and seeds.

**NOTE:** Contains natural whole food ingredients, which may include fruit seeds and small pit fragments.

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THE P90X® PEAK PERFORMANCE PROTEIN BAR IS A SMART ALTERNATIVE TO YOUR SNACK OR FAST-FOOD OPTIONS.  
IT WILL NATURALLY SUPPORT YOUR FAT-LOSS GOALS WHILE DELIVERING HEALTHY FUEL TO TONE MUSCLE.

18 GRAMS OF PROTEIN



# P90X®

## PEAK PERFORMANCE

**CAFÉ MOCHA Protein Bar**

**Decide. Commit. Succeed.®**

**NET WT. 2.54 oz (72g)**

### Nutrition Facts

Serving Size 1 Bar (72g) Servings Per Container 1

Amount per serving

**Calories 270** Calories from Fat 60

	% Daily Value*	
<b>Total Fat</b>	7g	11%
Saturated Fat	3g	15%
Trans Fat	0g	
Polysaturated Fat	0.5g	
Monounsaturated Fat	1g	
<b>Cholesterol</b>	20mg	7%
<b>Sodium</b>	35mg	1%
<b>Potassium</b>	240mg	7%
<b>Total Carbohydrate</b>	36g	12%
Dietary Fiber	4g	16%
Sugars	25g	
<b>Protein</b>	18g	36%

Vitamin A	20%	Vitamin C	35%
Calcium	8%	Iron	10%
Vitamin E	35%	Vitamin K	8%
Thiamin	10%	Riboflavin	15%
Niacin	10%	Vitamin B6	10%
Folate	10%	Vitamin B12	8%
Biotin	8%	Pantothenic Acid	10%
Phosphorus	10%	Iodine	8%
Magnesium	6%	Zinc	15%
Selenium	10%	Copper	10%
Manganese	10%	Chromium	8%
Molybdenum	8%		

Calories:	2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	60g

Calories per gram:  
Fat 9 • Carbohydrates 4 • Protein 4

BEST BY:

\*Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.