



Performance Peptides™

15 g whey protein, bioactive peptides, and less than 1 g sugar
Made with PeptiStrong®

PPSBAR | 2.11 oz (60 g)
Chocolatey Salted Caramel flavor



MUSCULOSKELETAL HEALTH

Performance Peptides™ is a tasty, health-focused, blood sugar-friendly bar that combines indulgent flavor with purposeful nutrition to support muscle health, endurance, and performance. Performance Peptides™ is sweetened primarily with allulose, a rare functional sugar that naturally occurs in small amounts in foods like figs, raisins, jackfruit, and maple syrup. Allulose delivers a real sugar taste but has a naturally low glycemic impact and uniquely supports healthy blood sugar and insulin responses. This protein-packed bar is perfect for the gym, athletes, or anyone leading an active lifestyle. It is suitable for vegetarians.

Retain. Recover. Refuel.

Performance Peptides™ combines 15 g of high-quality whey protein with plant-based peptides derived from the fava bean (PeptiStrong®) to fuel strength and recovery.

Whey protein: A high-quality protein naturally found in milk. Getting enough protein helps build strength, supports endurance, and aids recovery after activity, providing the fuel your muscles need to keep you moving at any age.

PeptiStrong®: A cutting-edge ingredient composed of plant-based bioactive peptides derived from the fava bean. PeptiStrong® was discovered and isolated by scientists using advanced machine-learning technology, and it is still being researched for its benefits in the body. To date, PeptiStrong® has been shown to reduce lean muscle mass loss by up to 54.3% more effectively than whey protein.¹

Nutrition Facts	
12 servings per container	
Serving size	1 Bar (60g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 8g	42%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 27g	10%
Dietary Fiber 9g	31%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 15g	5%
Vit. D 0mcg 0%	Calcium 50mg 4%
Iron 1.1mg 6%	Potas. 110mg 2%

Ingredients: Allulose, cassava root syrup, modified milk ingredient (whey protein isolate, milk protein isolate, sunflower lecithin), milk protein isolate, coconut oil, soluble tapioca fiber, milk protein crisps (calcium caseinate, whey protein concentrate), chocolate chips (cocoa beans, allulose, sunflower lecithin), fava bean protein hydrolysate with peptide complex, palm kernel oil, cacao nibs, plant fibers, cocoa butter, coconut milk, natural flavors, sea salt, rebaudioside M, caramel extract, annatto extract, sunflower lecithin, ascorbyl palmitate, rosemary extract, steviol glycosides. **Contains milk.**

WHAT'S INSIDE: (per 60 g bar)

- **200 calories** — a portion-controlled, satisfying snack
- **10 g total fat** — mainly from coconut oil
- **27 g total carbohydrates** — with <1 g total sugar and 0 g added sugars
- **9 g dietary fiber (31% DV)** — nearly a third of your daily fiber needs
- **15 g protein (5% DV)** — mainly from whey protein
- **Clean ingredients** — free from soy, gluten, GMOs, and artificial colors/sweeteners
- **5 g net carbs[†]**
- **Sweetened with allulose** — allulose is a rare functional sugar that is metabolized differently than traditional sugars. Human clinical data show it reduces the post-meal glycemic response.

PeptiStrong® is a trademark of Nuritas Ltd.

[†]The Net Carbs for one bar is 5 g and is calculated by subtracting the dietary fiber (9 g) and other low glycemic carbohydrates (13 g from allulose) from the total carbohydrates (27 g). Individuals who monitor their carbohydrate intake may deduct these low glycemic carbohydrates from the "Total Carb" count (in the Nutrition Facts panel) due to their minimal impact on blood sugar.

1. Cal R, Davis H, Kerr A, et al. Preclinical evaluation of a food-derived functional ingredient to address skeletal muscle atrophy. *Nutrients*. 2020;12(8):2274. doi:10.3390/nu12082274