

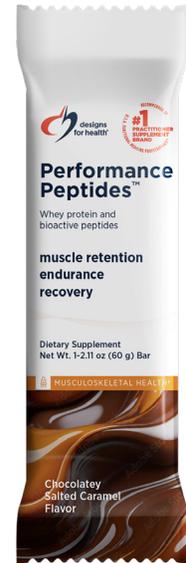
Performance Peptides™ Bar

Whey protein and bioactive peptides

PPSBAR01 | Net Wt. 1-2.11 oz (60 g) Bar

With 15 g protein, 8 g fiber, and just 1 g sugar per bar, the Performance Peptides™ Bar supports muscle health, endurance, and performance – helping to support athletes, aging men and women, and anyone looking to maintain a healthy body composition.† Promoting optimal muscle health is more than just aesthetic. Muscles help us stay strong, balanced, and mobile; support bone strength and healthy body composition; and help maintain an efficient metabolism (which determines the number of calories burned per day). As we age, strong muscles are key to living independently and comfortably. That’s why taking care of our muscles is essential for healthy aging.

This supplement bar is unique because it contains PeptiStrong™, which consists of plant-based bioactive peptides from the fava bean to fuel muscular strength, retention, and recovery.† Think of bioactive peptides as small proteins that play important roles in our bodies, such as insulin (a peptide hormone).† Using advanced machine-learning technology, scientists discovered that PeptiStrong™ was shown to act on certain pathways in the body that stimulate muscle protein synthesis (or growth).† Power your muscles with this tasty, travel-friendly bar.†



MUSCULOSKELETAL HEALTH†



Promotes healthy muscle growth, power, strength, and retention†



Supports healthy aging and healthspan†



May mitigate age-related muscle loss and weakness†



May promote healthy body composition and healthy metabolism†



May help promote endurance capacity and recovery†



Supports a healthy inflammatory response post-exercise†

Supplement Facts

Serving Size 1 Bar (60 g)
Servings Per Container 12

Amount Per Serving	% Daily Value	
Calories	200	
Total Fat	10 g	13%*
Saturated Fat	7 g	36%*
Cholesterol	5 mg	2%
Total Carbohydrate	26 g	9%*
Dietary Fiber	8 g	30%*
Total Sugar	1 g	**
Protein	15 g	30%*
Calcium	90 mg	7%
Iron	1 mg	6%
Sodium	130 mg	6%
Potassium	120 mg	3%
PeptiStrong™ Fava Bean (<i>Vicia faba</i>) Protein Hydrolysate	2.4 g	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Recommended Use: Take 1 bar per day.

Warning: Consult your health-care practitioner prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age, or have a medical condition.

Contains milk.

PeptiStrong™ is a trademark of Nuritas Ltd.

References

1. Kerr A, Hart L, Davis H, et al. Improved strength recovery and reduced fatigue with suppressed plasma myostatin following supplementation of a *Vicia faba* hydrolysate, in a healthy male population. *Nutrients*. 2023;15(4):986. doi:10.3390/nu15040986

JUST THE FACTS:

Compare supplement facts to the leading brands

- **Satisfying and delicious high-protein snack** – With a chocolatey salted caramel flavor
- **PeptiStrong™** – A cutting-edge ingredient discovered through advanced AI (artificial intelligence) research to unlock the benefits of muscle-supportive peptides†
- **Whey protein** – For extra protein and muscle retention support that complements the actions of bioactive peptides†
- **Promotes healthy body composition†** – Helps support lean body mass and a healthy metabolism†
- **Supports muscle health†** – A small placebo-controlled study of 30 healthy adult men tested the effect of 2.4 g/day of PeptiStrong™ on muscle health along with resistance exercises over 14 days.¹ The study found promising results that PeptiStrong™ may†:
 - Help increase muscle recovery rate by 144%¹
 - Help increase athletic performance recovery by 54%¹
 - Help reduce muscular fatigue by 47%, supporting muscular endurance¹

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.