

Gluten-Free • Dairy-Free • Vegan • Non-GMO

secure[®]

complete meal replacement bar

Coconut
Almond
Cookie
Crunch

16 Vitamins & Minerals
50% RDI of 9 Vitamins
200% RDI of B12 & Biotin

7 g Protein per meal
14 g Protein per bar

0 g Added Sugar
0 g Trans Fat
0 g Cholesterol

140 calories per meal • 2 meals per bar

12 bars
24 MEALS

12 - 2.1 oz (60 g) BARS
Net Wt. 25.2 oz (720 g)

Nutrition Facts

24 Servings per box
Serving size 1/2 bar

Calories

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Total Sugars

Added Sugars

Protein

Vitamin D3

Calcium

Iron

Potassium

Vitamin C

Vitamin E

Vitamin B1

Vitamin B2

Niacin

Pantothenic Acid

Vitamin B6

Vitamin B12

Folate

Biotin

Magnesium

1 meal
half bar (30 g)

Per serving

140

% Daily Value*

10 g

13%

4 g

20%

0 g

0 mg

0%

120 mg

5%

10 g

4%

6 g

21%

1 g

0 g

0%

7 g

10 mcg

50%

80 mg

6%

1 mg

6%

104 mg

2%

50 mg

50%

7.5 mg

50%

0.6 mg

50%

0.65 mg

50%

8 mg

50%

2.5 mg

50%

0.85 mg

50%

4.8 mcg

200%

200 mcg DFE

50%

60 mcg

200%

80 mg

20%

2 meals
full bar (60 g)

Per bar

280

% Daily Value*

20 g

26%

8 g

40%

0 g

0 mg

0%

240 mg

10%

20 g

8%

12 g

42%

2 g

0 g

0%

14 g

20 mcg

100%

160 mg

12%

2 mg

12%

208 mg

4%

100 mg

100%

15 mg

100%

1.2 mg

100%

1.3 mg

100%

16 mg

100%

5 mg

100%

1.7 mg

100%

9.6 mcg

400%

400 mcg DFE

100%

120 mcg

400%

160 mg

40%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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secure[®] Coconut Almond Cookie Crunch
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140 calories per meal • 2 meals per bar

Secure Complete Meal Replacement Bars are delicious, nutritious and economical. Just a half bar provides a 140-calorie meal with 7 g of protein and 50% to 200% of the RDI of all B-vitamins, plus 50% of the RDI of vitamins C, D and E. A half bar is the perfect snack or light meal while a full bar will satisfy even a serious appetite. Each bar is also a rich source of prebiotic inulin fiber to support a healthy microbiome, along with the health benefits of medium chain triglycerides (MCTs) from coconut oil. Meal replacements are an established weight management tool and our deliciously satisfying **Secure Complete Meal Replacement Bars** are designed to work perfectly with any sensible weight management or wellness plan. Of course, even the best meal replacement should not be used as an exclusive source of nourishment, so be sure to consume at least one healthy, balanced meal daily.

Ingredients: Almonds, Inulin (prebiotic fiber), Non-GMO Soy Protein Isolate, Coconut, Cocoa Butter, Glycerin, Vitamin Mineral Blend (Magnesium Citrate, Calcium Citrate/Ascorbate/Carbonate, d-alpha Tocopheryl Acetate, Nicotinamide, Calcium Pantothenate, Methylfolate, Pyridoxine HCl, Cholecalciferol, Thiamine HCl, Riboflavin, Methylcobalamin, Biotin), Coconut Oil, Natural Flavors, Soy Lecithin, Sea Salt, Stevia Extract. **Contains: Soy, Almonds and Coconut. Produced in a facility that also processes other tree nuts and peanuts.**

Store in a cool, dry place away from direct sunlight.