

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

secure[®]

complete meal replacement bar

Peanut
Butter
Chocolate
Chip

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 Trans Fat
0 g Cholesterol

6 bars
12 MEALS

140 calories per meal • 2 meals per bar

6 - 2.1 oz (60 g) BARS
Net Wt. 12.6 oz (360 g)

Nutrition Facts

12 Servings per box
Serving size 1/2 bar

Calories

	1 meal half bar (30 g)	2 meals full bar (60 g)
	Per serving 140	Per bar 280
	% Daily Value*	% Daily Value*
Total Fat	8 g 10%	16 g 20%
Saturated Fat	2.5 g 13%	5 g 26%
Trans Fat	0 g	0 g
Cholesterol	0 mg 0%	0 mg 0%
Sodium	190 mg 8%	380 mg 16%
Total Carbohydrate	12 g 4%	24 g 8%
Dietary Fiber	4 g 14%	8 g 28%
Total Sugars	5 g	10 g
Added Sugars	4 g 8%	8 g 16%
Protein	7 g	14 g
Vitamin D3	10mcg(400IU) 50%	20mcg(800IU) 100%
Calcium	80 mg 6%	160 mg 12%
Iron	1 mg 6%	2 mg 12%
Potassium	111 mg 2%	222 mg 4%
Vitamin C	50 mg 50%	100 mg 100%
Vitamin E	7.5mg(11IU) 50%	15mg(22IU) 100%
Vitamin B1	0.6 mg 50%	1.2 mg 100%
Vitamin B2	0.65 mg 50%	1.3 mg 100%
Niacin	8 mg 50%	16 mg 100%
Pantothenic Acid	2.5 mg 50%	5 mg 100%
Vitamin B6	0.85 mg 50%	1.7 mg 100%
Vitamin B12	4.8 mcg 200%	9.6 mcg 400%
Folate	200 mcg DFE 50%	400 mcg DFE 100%
Biotin	60 mcg 200%	120 mcg 400%
Magnesium	40 mg 10%	80 mg 20%

* 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.

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

secure[®]

Peanut
Butter
Chocolate
Chip

complete meal replacement bar

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: Peanuts, Non-GMO Soy Protein Isolate, Inulin (prebiotic fiber), Cane Sugar, Chocolate Chips (Unsweetened Chocolate, Allulose, Sunflower Lecithin), Agave Syrup, Cocoa Butter, Glycerin, Peanut Extract, Sea Salt, Vitamin Mineral Blend (Calcium Citrate/Ascorbate/Carbonate, Magnesium Citrate, d-alpha Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Methylfolate, Pyridoxine HCl, Cholecalciferol, Thiamine HCl, Riboflavin, Methylcobalamin, Biotin), Coconut Oil, Soy Lecithin, Natural Flavors. **Contains: Soy and Peanuts. Produced in a facility that also processes tree nuts.**