

# FitSmart<sup>TM</sup> Bar

## Fiber and Protein Bar

- 10 grams of fiber
- 10 grams of protein
- All-natural ingredients
- No added refined sugars
- No soy, gluten or GMOs
- No trans fats or cholesterol
- Certified kosher

It is no secret that a diet rich in fiber offers a multitude of health benefits. In addition to promoting great health, increasing the fiber in your diet can help you lose weight and maintain your ideal weight for life.\* Brenda Watson created the Fiber35 Diet to help you achieve your weight loss goal by using a proven formula that focuses on consuming 35 grams of fiber every day.

The Fiber35 Diet FitSmart Bar is a convenient, all-natural and nutritionally balanced snack bar containing 10 grams of fiber and 10 grams of protein. Beneficial whey protein and natural acacia fiber work together to keep you feeling satisfied between meals.

Protein and fiber are two critical ingredients in maintaining a healthy body weight. Protein is used for every process the body undertakes. It is crucial that we get enough healthy protein in our diet to maintain our lean muscle mass. The other main ingredient in the FitSmart Bar is fiber. Fiber plays several important roles in maintaining healthy body weight. It helps to slow down the rate at which the body converts carbohydrates into sugar, making it a powerful weight management tool. Fiber has no calories and fills the stomach, making you feel fuller for longer periods of time.

The FitSmart Bar is a deliciously easy way to help reach your daily goal of 35 grams of fiber. Each bar is made with nutrient-rich fruits, nuts, seeds, whey protein and acacia fiber and contains no added sugars or trans fats. And the best part? It comes in three mouth-watering flavors: Chocolate Chunk, Cranberry Apple and Lemon Poppy. So go ahead, treat yourself right!



### Chocolate Chunk

Nutrition Facts		Amount / Serving	%Daily Value*	Amount / Serving	%Daily Value*	INGREDIENTS: Dates, Whey Protein Concentrate, Acacia Fiber, Raisins, Apples, Chocolate Chips (unsweetened chocolate, cocoa powder, cocoa butter), Agave Syrup, High Oleic Sunflower Oil, Walnuts, Oat Fiber, Cocoa Powder, Milled Flax Seeds, Cocoa Extract.
<b>Serving Size</b> 1 Bar (60g) <b>Calories</b> 230 Calories from Fat 70		<b>Total Fat</b> 7g	<b>11%</b>	<b>Total Carbohydrate</b> 34g	<b>11%</b>	
		Saturated Fat 1.5g	8%	Dietary Fiber 10g	40%	
		Trans Fat 0g		Soluble Fiber 6g		
		Polyunsaturated Fat 2.5g		Insoluble Fiber 4g		
		Monounsaturated Fat 3.5g		Sugars 24g		
		<b>Cholesterol</b> 20mg	<b>7%</b>	<b>Protein</b> 10g		
		<b>Sodium</b> 55mg	<b>2%</b>			
		Vitamin A 0%		Calcium 10%		
		Vitamin C 0%		Iron 8%		



### Cranberry Apple

Nutrition Facts		Amount / Serving	%Daily Value*	Amount / Serving	%Daily Value*	INGREDIENTS: Dates, Whey Protein Concentrate, Apples, Acacia Fiber, Walnuts, Agave Syrup, Raisins, High Oleic Sunflower Oil, Oat Fiber, Natural Flavor, Cranberry (cranberries, sunflower oil), Milled Flax Seeds.
<b>Serving Size</b> 1 Bar (60g) <b>Calories</b> 220 Calories from Fat 50		<b>Total Fat</b> 6g	<b>9%</b>	<b>Total Carbohydrate</b> 33g	<b>11%</b>	
		Saturated Fat 1g	5%	Dietary Fiber 10g	40%	
		Trans Fat 0g		Soluble Fiber 6g		
		Polyunsaturated Fat 3g		Insoluble Fiber 4g		
		Monounsaturated Fat 2.5g		Sugars 23g		
		<b>Cholesterol</b> 20mg	<b>7%</b>	<b>Protein</b> 10g		
		<b>Sodium</b> 55mg	<b>2%</b>			
		Vitamin A 0%		Calcium 10%		
		Vitamin C 0%		Iron 4%		

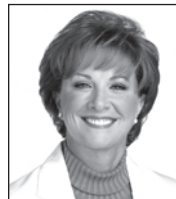


### Lemon Poppy

Nutrition Facts		Amount / Serving	%Daily Value*	Amount / Serving	%Daily Value*	INGREDIENTS: Dates, Whey Protein Concentrate, Apples, Acacia Fiber, Walnuts, Agave Syrup, Raisins, High Oleic Sunflower Oil, Oat Fiber, Lemon Oil and other Natural Flavors, Poppy Seeds, Milled Flax Seeds.
<b>Serving Size</b> 1 Bar (60g) <b>Calories</b> 220 Calories from Fat 60		<b>Total Fat</b> 7g	<b>11%</b>	<b>Total Carbohydrate</b> 33g	<b>11%</b>	
		Saturated Fat 1g	5%	Dietary Fiber 10g	40%	
		Trans Fat 0g		Soluble Fiber 6g		
		Polyunsaturated Fat 2.5g		Insoluble Fiber 4g		
		Monounsaturated Fat 3g		Sugars 23g		
		<b>Cholesterol</b> 20mg	<b>7%</b>	<b>Protein</b> 10g		
		<b>Sodium</b> 55mg	<b>2%</b>			
		Vitamin A 0%		Calcium 10%		
		Vitamin C 0%		Iron 4%		

The  
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The FitSmart Bar was formulated by renowned natural healthcare expert Brenda Watson, creator of The Fiber35 Diet and president of ReNew Life Formulas.

\*These statements have not been evaluated by the FDA. This product is not intended to treat, cure, diagnose or prevent any disease.