

# Belgian Chocolate Biome Gut Health Bar

Ingredients: Gluten Free Oat Flakes, Soluble Fibre, Rice Syrup, Chicory Root Fibre, Organic Dark Chocolate with Coconut Blossom Sugar (Cocoa Mass, Coconut Sugar, Cocoa Butter), Dates, Humectant (Vegetable Glycerine), Reduced Fat Cocoa Powder, Inulin (Artichoke), Coconut Oil, Golden Flaxseed, Chia Seeds, Calcium (tri-calcium phosphate), Vitamin B6, B12, Vitamin D3 (plant-based), Sunflower Seeds, Quinoa, Buckwheat Flakes, Salt.

Not suitable for peanut, nuts, sesame seed and soy allergy sufferers.

| Nutrition Information | Per 100g | Per 45g Serving | % RI* (Per 100g) | % RI* (Per 45g) |
|-----------------------|----------|-----------------|------------------|-----------------|
| Energy (kJ)           | 1428kJ   | 643kJ           | —                | —               |
| Energy (kcal)         | 341kcal  | 154kcal         | —                | —               |
| Fat                   | 8.3g     | 3.7g            | —                | —               |
| of which saturates    | 3.6g     | 1.6g            | —                | —               |
| Carbohydrates         | 49g      | 22g             | —                | —               |
| of which sugars       | 14g      | 6.3g            | —                | —               |
| Fibre                 | 29g      | 13g             | —                | —               |
| Protein               | 6.1g     | 2.7g            | —                | —               |
| Salt                  | 0.2g     | 0.1g            | —                | —               |
| Vitamin B6            | 0.6mg    | 0.3mg           | 56%              | 25%             |
| Vitamin B12           | 0.84µg   | 0.38µg          | 56%              | 25%             |
| Vitamin D             | 5.56µg   | 2.5µg           | 56%              | 25%             |
| Calcium               | 398mg    | 175mg           | 56%              | 25%             |