

FILL UP ON PROTEIN. NOT FAT AND CALORIES.

High protein foods keep you feeling fuller, longer but they are often loaded with unhealthy fat, tons of sugar or too many calories.

**When you're trying to make healthy decisions,
the best choice isn't always obvious.
Until now.**

The **Simply**Bar has more protein with fewer calories and less fat than any other natural food bar. So fill up on protein – not fat and calories.



The**Simply**Bar[®]

Vegan • Kosher • Easy to digest • Milk and gluten free

Available in five great flavours. Visit www.wellnessfoods.ca to find the retailer nearest you

How Does Your Favourite Bar Compare?

Comparison of All Natural Food Bars:

Bar	Calories	Fat	Protein	Carb	Sugar	Flavour
The Simply Bar	160	3	16	16	10	Peanut Butter Chocolate
Lara Bar	220	12	7	23	19	Peanut Butter Cookie
Genisoy	240	7	15	31	18	Chunky Peanut Butter Fudge
Zone Perfect	210	7	14	24	15	Chocolate Peanut Butter
Clif	260	6	11	42	21	Chocolate Peanut Crunch
Luna Bar	180	6	9	26	11	Peanut Butter Cookie

You eat bars to be healthy. So make the healthiest choice...

The**Simply**Bar[®]