

FitSmartTM Bar

Fiber and Protein Bar

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

In addition to its role in healthy bowel function, a diet high in fiber offers countless health benefits. Increasing your daily fiber intake may help lower cholesterol, support healthy blood pressure, and even help eliminate harmful toxins from the body. And because fiber helps maintain healthy blood sugar, it also plays a key role in appetite control and healthy weight management. High-fiber foods add bulk to the diet, helping you feel full longer after eating. Plus, research shows that fiber works in the body to help eliminate unused calories. Using a proven formula based on eating at least 35 grams of fiber every day, Brenda Watson C.N.C. created the Fiber35 Diet to help you achieve your weight loss goal and improve your overall health. The Fiber35 Diet FitSmart Bar is a convenient, 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, helping you feel full 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 mouthwatering flavors: Chocolate Chunk, Cranberry Apple and Lemon Poppy.



Chocolate Chunk

Nutrition Facts		Amount / Serving	%Daily Value*	Amount / Serving	%Daily Value*
Serving Size 1 Bar (60g)		Total Fat 8g	12%	Total Carbohydrate 32g	11%
Calories 210		Saturated Fat 2g	10%	Dietary Fiber 10g	40%
Calories from Fat 70		Trans Fat 0g		Soluble Fiber 6g	
		Polyunsaturated Fat 2g		Insoluble Fiber 4g	
		Monounsaturated Fat 4g		Sugars 17g	
		Cholesterol 20mg	7%	Protein 10g	20%
		Sodium 55mg	2%		
		Vitamin A 0%		Calcium 8%	
		Vitamin C 0%		Iron 25%	

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.

- Contains milk, walnuts and may contain traces of nut shell.
- Raw materials do not contain soy, wheat, gluten, peanuts or egg but bar is made in a facility that uses these ingredients.



Cranberry Apple

Nutrition Facts		Amount / Serving	%Daily Value*	Amount / Serving	%Daily Value*
Serving Size 1 Bar (60g)		Total Fat 6g	9%	Total Carbohydrate 33g	11%
Calories 200		Saturated Fat 1g	5%	Dietary Fiber 10g	40%
Calories from Fat 50		Trans Fat 0g		Soluble Fiber 6g	
		Polyunsaturated Fat 3g		Insoluble Fiber 4g	
		Monounsaturated Fat 2.5g		Sugars 19g	
		Cholesterol 25mg	8%	Protein 10g	20%
		Sodium 55mg	2%		
		Vitamin A 0%		Calcium 8%	
		Vitamin C 0%		Iron 6%	

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.

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Lemon Poppy

Nutrition Facts		Amount / Serving	%Daily Value*	Amount / Serving	%Daily Value*
Serving Size 1 Bar (60g)		Total Fat 7g	11%	Total Carbohydrate 33g	11%
Calories 220		Saturated Fat 1g	5%	Dietary Fiber 10g	40%
Calories from Fat 60		Trans Fat 0g		Soluble Fiber 6g	
		Polyunsaturated Fat 2.5g		Insoluble Fiber 4g	
		Monounsaturated Fat 3.5g		Sugars 19g	
		Cholesterol 25mg	8%	Protein 10g	20%
		Sodium 55mg	2%		
		Vitamin A 0%		Calcium 8%	
		Vitamin C 0%		Iron 6%	

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.

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

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.