



High Performance Nutrition



Ingredient Information

Berry Bliss – SoLo protein blend [whey protein isolate, soy protein crisp (soy protein isolate, rice flour, malt, salt), soy protein isolate, whey protein concentrate], yogurt coating (sugar, fractionated palm kernel oil, skim milk powder, low fat yogurt powder, soy lecithin, salt, natural flavor), fructose, soynut butter (roasted soynuts, soybean oil, maltodextrin, evaporated cane juice), brown rice syrup, fruit puree blend (dried plums, dried dates, white grape juice concentrate), dry roasted soynuts, SoLo fiber blend (inulin, oat bran concentrate), dried cranberries (cranberries, apple juice concentrate), natural flavor, water, sunflower oil, vitamin and mineral blend*, beet juice concentrate. *Contains milk and soybeans.*

Chocolate Charger – SoLo protein blend [cocoa soy crisp (soy protein isolate, rice starch, cocoa), whey protein isolate, whey protein concentrate], chocolate coating (sugar, fractionated palm kernel oil, cocoa powder, whey powder, skim milk powder, soy lecithin, natural flavor), fructose, almond butter, fruit puree blend (dried plums, dried dates, white grape juice concentrate), chocolate cookies (wheat flour, cane juice crystals, canola oil, cocoa, salt, sodium bicarbonate), brown rice syrup, cocoa powder, water, SoLo fiber blend (inulin, oat bran concentrate), vitamin and mineral blend*, natural flavor. *Contains milk, soybeans, wheat and tree nuts.*

Mint Mania – SoLo protein blend [cocoa soy crisp (soy protein isolate, rice starch, cocoa), whey protein isolate, whey protein concentrate], chocolate coating (sugar, fractionated palm kernel oil, cocoa powder, whey powder, skim milk powder, soy lecithin, natural flavor), fructose, almond butter, fruit puree blend (dried plums, dried dates, white grape juice concentrate), chocolate cookies (wheat flour, cane juice crystals, canola oil, cocoa, salt, sodium bicarbonate), brown rice syrup, cocoa powder, water, SoLo fiber blend (inulin, oat bran concentrate), vitamin and mineral blend*, natural flavor. *Contains milk, soybeans, wheat and tree nuts.*

Peanut Power – SoLo protein blend [whey protein isolate, soy protein isolate, soy protein crisp (soy protein isolate, rice flour, malt, salt)], chocolate coating (sugar, fractionated palm kernel oil, cocoa powder, whey powder, skim milk powder, soy lecithin, natural flavor), natural peanut butter, brown rice syrup, fructose, fruit puree blend (dried plums, dried dates, white grape juice concentrate), dry roasted soynuts, honey, SoLo fiber blend (inulin, oat bran concentrate), water, roasted peanut oil, vitamin and mineral blend*. *Contains milk, soybeans and peanuts.*

Lemon Lift – SoLo protein blend [whey protein isolate, soy protein isolate, soy protein crisp (soy protein isolate, rice flour, malt, salt), whey protein concentrate], yogurt coating (sugar, fractionated palm kernel oil, skim milk powder, low fat yogurt powder, soy lecithin, salt, natural flavor), fructose, soynut butter (roasted soynuts, soybean oil, maltodextrin, evaporated cane juice), brown rice syrup, fruit puree blend (dried plums, dried dates, white grape juice concentrate), dried cranberries (cranberries, apple juice concentrate), SoLo fiber blend (inulin, oat bran concentrate), dry roasted soynuts, natural flavors, sunflower oil, water, vitamin and mineral blend*. *Contains milk and soybeans.*

*Vitamin and Mineral Blend: [Dicalcium phosphate, magnesium oxide, ascorbic acid (vit. C), vitamin E acetate, niacinamide (vit. B3), zinc oxide, copper gluconate, d-calcium pantothenate, manganese sulfate, pyridoxine (vit. B6), riboflavin (vit. B2), thiamin mononitrate (vit. B1), vitamin A palmitate, chromium chloride, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, phytonadione (vit. K1), cholecalciferol (vit. D3), cyanocobalamin (vit. B12)].

Made in a facility that produces products containing milk, soybeans, wheat, tree nuts, peanuts and eggs.

Nutritional Information

Serving Size = 1 Bar	Berry Bliss		Chocolate Charger		Mint Mania		Peanut Power		Lemon Lift	
	200	%Daily Value*	200	%Daily Value*	200	%Daily Value*	200	%Daily Value*	200	%Daily Value*
Calories	200		200		200		200		200	
Calories from fat	60		60		60		70		60	
Total Fat	6g	9%	7g	10%	7g	11%	8g	11%	6g	9%
Saturated fat	2.5g	13%	3g	14%	3g	14%	3g	15%	2.5g	13%
Trans fat	0g		0g		0g		0g		0g	
Cholesterol	5mg	2%	5mg	2%	5mg	2%	0mg	0%	5mg	2%
Sodium	125mg	5%	120mg	5%	120mg	5%	125mg	5%	105mg	4%
Potassium	60mg	2%	220mg	6%	210mg	6%	130mg	4%	55mg	2%
Total Carbohydrate	25g	8%	26g	9%	26g	9%	23g	7%	26g	9%
Dietary Fiber	3g	12%	4g	15%	4g	15%	3g	12%	4g	16%
Sugars	18g		17g		17g		15g		19g	
Protein	11g	20%	11g	20%	11g	20%	13g	20%	11g	20%
Vitamin A		10%		10%		10%		10%		10%
Vitamin C		10%		10%		10%		10%		10%
Vitamin E		10%		15%		15%		10%		10%
Calcium		20%		20%		20%		20%		20%
Iron		4%		10%		10%		8%		4%
Glycemic Index**	29		28		23		27		29	

*Percent daily values (DV) are based on a 2,000 calorie diet.

**Glycemic Index values tested and validated by University Researchers.

Product Information

	Bar Size	Box	Case	UPC Code - Bar	UPC Code - Box	UPC Code - Case
Chocolate Charger	50 g (1.76 Oz)	12 bars/ box L x W x H 7.0 x 6.0 x 2.0	6 / 21.1 oz. boxes per case L x W x H 12.75 x 7.5 x 6.75	8 97024 00046 4	8 97024 00047 1	8 97024 00048 8
Berry Bliss				8 97024 00049 5	8 97024 00050 1	8 97024 00051 8
Mint Mania				8 97024 00043 3	8 97024 00044 0	8 97024 00045 7
Peanut Power				8 97024 00040 2	8 97024 00041 9	8 97024 00042 6
Lemon Lift				8 97024 00001 3	8 97024 00038 9	8 97024 00039 6

Please contact SoLo at sales@solo-gi.com, 1-866-765-6944, or visit us at www.solo-gi.com

Solo GI Nutrition Inc. #3, 14004-102A Avenue Edmonton, AB Canada T5N 0P7