

CLIF Bar™

CLIF BAR™ MINI'S AVAILABLE ON COURSE – White Chocolate Macadamia and Chocolate Chip flavour (28g size).

The great taste and nutritional goodness of the original CLIF Bar packed into a mini-sized bar – perfect for grabbing on the go!

CLIF Bars are ideal when your body has high energy demands. With a mix of carbohydrates, protein and fibre, CLIF Bars supply working bodies with the extra energy and nutrients they need for extended periods of activity.

Wholesome and nutrient-dense, CLIF Bars are formulated to steadily increase blood sugar levels without creating a precipitous “sugar crash”. CLIF Bars help people who respect their bodies to push further with sustained energy when normal intakes are not enough.

For best results CLIF Bars should be eaten 1-3 hours before, and also during activity to supply energy to working muscles and help meet carbohydrate demands.

Each CLIF Bar **28g Mini** contains:

- Energy: 420 - 460kj (100-110 calories)
- Total Fat: 2 - 3g
- Carbohydrates: 17 - 18g
 - Sugars: 9g
- Protein: 4g
- Sodium: 60 - 100mg

CLIF Bars contain Gluten and Soy. White Chocolate Macadamia contains macadamia nuts. All CLIF Bars may contain traces of milk, peanuts and tree nuts. May contain nutshell fragments



CLIF Bar products available from leading bike, sport and outdoor stores nationwide. For further information or your nearest stockist visit www.clifbar.co.nz