


Quest Protein Bars Ingredients

Apple Pie



APPLE PIE INGREDIENTS



20g Protein

A DELICIOUS BLEND OF APPLE
 Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water, Apples. Contains less than 2% of the following: Cinnamon, Sea Salt, Lo Han Guo, Sucralose, Natural Flavors.

Nutrition Facts	Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 5g		8%	Potassium 115mg	3%
Saturated Fat 0g		0%	Total Carbohydrate 25g	8%
Trans Fat 0g			Dietary Fiber 18g	72%
Cholesterol 5mg		2%	Sugars 4g	
Sodium 320mg		13%	Protein 20g	
Vitamin A 0%			Calcium 10%	
Magnesium 8%			Iron 4%	
			Phosphorus 10%	

*Percent Daily Values are based on a 2,000 calorie diet.

CONTAINS: Almonds and Milk Derived Ingredients.

Only 7g net carbs

The only true low carb bar on the market.

*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

Chocolate Brownie

Nutrition Facts

Serving Size 1 Bar

Servings Per Container 1

Amount Per Serving

	Serving	% DV
Calories	170	-
Calories from Fat	50	-
Total Fat	6 g	9%
Saturated Fat	1 g	5%
Trans Fat	0 g	-
Cholesterol	< 5 mg	2%
Sodium	340 mg	14%
Potassium	380 mg	11%
Total Carbohydrate	24 g	8%
Dietary Fiber	19 g	76%
Sugars	1 g	-
Protein	20 g	-
Vitamin A		6%
Vitamin C		0%
Calcium		4%
Iron		15%
Phosphorus		10%
Magnesium		8%

*percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides (100% Natural Prebiotic Fiber), Almonds, Cocoa, Water, Natural Flavors, Sea Salt, Lo Han Guo, Sucralose. Isomalto-Oligosaccharides are 100% Natural Prebiotic Fibers derived from plant sources.

Mixed Berry



MIXED BERRY BLISS INGREDIENTS

A DELICIOUS BLEND OF MIXED BERRIES

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water. Contains less than 2% of the following: Freeze-Dried Strawberries, Freeze-Dried Blueberries, Sea Salt, Lo Han Guo, Sucralose, Natural Flavors.



20g Protein

Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Serving Size 1 (80g)		Total Fat 8g	12%	Potassium 130mg	4%
Calories 200		Saturated Fat 0.5g	3%	Total Carbohydrate 22g	7%
Calories from Fat 80		Trans Fat 0g		Dietary Fiber 16g	72%
*Percent Daily Values are based on a 2,000 calorie diet		Cholesterol 5mg	2%	Sugars 2g	
		Sodium 310mg	13%	Protein 20g	
		Vitamin A 0%		Vitamin C 2%	
		Magnesium 10%		Calcium 10%	
				Iron 4%	

CONTAINS: Almonds and Milk Derived Ingredients.

Only 4g net carbs (and they're all from nuts - not sugar).

The only true low carb bar on the market.

*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

Peanut Butter & Jelly



PEANUT BUTTER & JELLY INGREDIENTS

A FRESH TAKE ON A CLASSIC TREAT

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Peanuts, Almonds, Water. Contains less than 2% of the following: Sea Salt, Lo Han Guo, Sucralose, Natural Flavors.



20g Protein

Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Serving Size 1 (80g)		Total Fat 10g	15%	Potassium 170mg	5%
Calories 200		Saturated Fat 1.5g	8%	Total Carbohydrate 21g	7%
Calories from Fat 90		Trans Fat 0g		Dietary Fiber 17g	68%
*Percent Daily Values are based on a 2,000 calorie diet		Cholesterol <5mg	2%	Sugars 2g	
		Sodium 320mg	13%	Protein 20g	
		Vitamin A 0%		Vitamin C 0%	
		Magnesium 10%		Calcium 10%	
				Iron 4%	

CONTAINS: Peanuts, Almonds and Milk Derived Ingredients.

Only 5g non-fiber carbs (and they're all from nuts - not sugar).

The only true low carb bar on the market.

*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

Peanut Butter



PEANUT BUTTER SUPREME INGREDIENTS



20g Protein

A PEANUT BUTTER EXPLOSION OF FLAVOR

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Peanuts, Almonds, Water. Contains less than 2% of the following: Sea Salt, Lo Han Guo, Sucralose, Natural Flavors.

Nutrition Facts

Serving Size 1 (80g)
Calories 210

Calories from Fat 90

*Percent Daily Values are based on a 2,000 calorie diet

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 10g	15%	Potassium 170mg	5%
Saturated Fat 1.5g	8%	Total Carbohydrate 21g	7%
Trans Fat 0g		Dietary Fiber 17g	68%
Cholesterol <5mg	2%	Sugars 2g	
Sodium 320mg	13%	Protein 20g	
Vitamin A 0%		Vitamin C 0%	
Magnesium 10%		Calcium 10%	
			Iron 4%

CONTAINS: Peanuts, Almonds and Milk Derived Ingredients.

Only 5g net carbs (and they're all from nuts - not sugar).

The only true low carb bar on the market.

*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

Vanilla Almond



VANILLA ALMOND CRUNCH INGREDIENTS



20g Protein

A DELICIOUS BLEND OF VANILLA AND ALMONDS

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water. Contains less than 2% of the following: Sea Salt, Lo Han Guo, Sucralose, Natural Flavors.

Nutrition Facts

Serving Size 1 (80g)

Calories 190

Calories from Fat 80

*Percent Daily Values are based on a 2,000 calorie diet

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 8g	12%	Potassium 135mg	4%
Saturated Fat 0.5g	3%	Total Carbohydrate 21g	7%
Trans Fat 0g		Dietary Fiber 18g	72%
Cholesterol 5mg	2%	Sugars 1g	
Sodium 330mg	14%	Protein 20g	
Vitamin A 0%		Vitamin C 0%	
Magnesium 10%		Calcium 10%	
			Iron 4%


CONTAINS: Almonds and Milk Derived Ingredients.

Only 3g net carbs (and they're all from nuts - not sugar).

The only true low carb bar on the market.

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Strawberry Cheesecake



STRAWBERRY CHEESECAKE INGREDIENTS

A SIN - FREE DECADENCE

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water, Erythritol, Freeze-Dried Strawberries. Contains Less than 2% of the following: Sea Salt, Stevia, Lo Han Guo, Natural Flavors.



Nutrition Facts		Amount/Serving		%Daily Value*	
Serving Size 1 (60g)		Total Fat 4.5g	7%	Potassium 100mg	3%
Calories 160		Saturated Fat 0g	0%	Total Carbohydrate 26g	9%
Calories from Fat 40		Trans Fat 0g		Dietary Fiber 17g	68%
*Percent Daily Values are based on a 2,000 calorie diet		Cholesterol 5mg	2%	Sugars 2g	
		Sodium 250mg	10%	Erythritol 5g	
		Vitamin A 0%	Vitamin C 10%	Protein 20g	
		Magnesium 6%	Phosphorus 10%	Calcium 10%	Iron 2%

CONTAINS: Almonds and Milk Derived Ingredients.

Only 4g net carbs (and they're all from nuts - not sugar).

The only true low carb bar on the market.

*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

20g Protein


Lemon Cream Pie



LEMON CREAM PIE INGREDIENTS

ZESTY LEMON THAT YOU CAN EAT EVERYDAY

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Erythritol, Water, Natural Flavors. Contains less than 2% of the following: Sea Salt, Stevia, Lo Han Guo.



Nutrition Facts		Amount/Serving		%Daily Value*	
Serving Size 1 (60g)		Total Fat 5g	8%	Potassium 85mg	2%
Calories 160		Saturated Fat 0g	0%	Total Carbohydrate 26g	9%
Calories from Fat 45		Trans Fat 0g		Dietary Fiber 17g	68%
*Percent Daily Values are based on a 2,000 calorie diet		Cholesterol 5mg	2%	Sugars 1g	
		Sodium 250mg	10%	Erythritol 5g	
		Vitamin A 0%	Vitamin C 4%	Protein 20g	
		Magnesium 6%	Phosphorus 10%	Calcium 10%	Iron 2%

CONTAINS: Almonds and Milk Derived Ingredients.

Only 3g net carbs (and they're all from nuts - not sugar).

The only true low carb bar on the market.

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20g Protein

Chocolate Peanut Butter



CHOCOLATE PEANUT BUTTER INGREDIENTS



20g Protein

YOUR TWO FAVORITE FLAVORS, TOGETHER AT LAST!

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Peanuts, Water, Erythritol, Cocoa. Contains less than 2% of the following: Sea Salt, Stevia, Lo Han Guo, Natural Flavors.

Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Serving Size 1 (60g)		Total Fat 5g	8%	Potassium 200mg	6%
Calories 160		Saturated Fat 1g	5%	Total Carbohydrate 25g	8%
Calories from Fat 45		Trans Fat 0g	0%	Dietary Fiber 17g	68%
*Percent Daily Values are based on a 2,000 calorie diet.		Cholesterol 5mg	2%	Sugars 2g	
		Sodium 240mg	10%	Erythritol 5g	
		Vitamin A 2%		Protein 20g	
		Magnesium 4%		Calcium 8%	
		Vitamin C 0%			Iron 6%

CONTAINS: Peanuts and Milk Derived Ingredients.

Only 3g net carbs (and they're all from nuts - not sugar).

The only true low carb bar on the market.

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Cinnamon Roll



CINNAMON ROLL INGREDIENTS



20g Protein

RICH CINNAMON FLAVOR, NO LONGER FORBIDDEN

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water, Erythritol. Contains less than 2% of the following: Sea Salt, Stevia, Lo Han Guo, Natural Flavors, Cinnamon.

Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Serving Size 1 (60g)		Total Fat 6g	9%	Potassium 95mg	3%
Calories 170		Saturated Fat 0g	0%	Total Carbohydrate 25g	8%
Calories from Fat 50		Trans Fat 0g	0%	Dietary Fiber 17g	68%
*Percent Daily Values are based on a 2,000 calorie diet.		Cholesterol 5mg	2%	Sugars 1g	
		Sodium 280mg	12%	Erythritol 5g	
		Vitamin A 0%		Protein 20g	
		Magnesium 8%		Calcium 10%	
		Vitamin C 0%			Iron 4%


CONTAINS: Almonds and Milk Derived Ingredients.

Only 3g net carb (and it's from nuts - not sugar).

The only true low carb bar on the market.

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Coconut Cashew



COCONUT CASHEW INGREDIENTS



AN UNBELIEVABLY DELICIOUS COMBINATION
 Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water, Erythritol, Dried Coconut. Contains less than 2% of the following: Cashews, Sea Salt, Stevia, Lo Han Guo, Natural Flavors.


Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 6g		6g	9%	Potassium 90mg	3%
Saturated Fat 1.5g		1.5g	8%	Total Carbohydrate 25g	8%
Trans Fat 0g		0g		Dietary Fiber 17g	68%
Cholesterol 5mg		5mg	2%	Sugars 1g	
Sodium 250mg		250mg	10%	Erythritol 4g	
Vitamin A 0%				Protein 20g	
Magnesium 6%				Calcium 10%	Iron 4%

Serving Size 1 (60g)
 Calories 170
 *Percent Daily Values are based on a 2,000 calorie diet.


CONTAINS: Almonds and Milk Derived Ingredients.
Only 4g net carb (and it's from nuts - not sugar).
The only true low carb bar on the market.
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20g Protein

Banana Nut



BANANA NUT MUFFIN INGREDIENTS



AN UNBELIEVABLY DELICIOUS COMBINATION
 Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Almonds, Water, Erythritol, Walnuts, Freeze-Dried Bananas. Contains less than 2% of the following: Salt, Cinnamon, Stevia, Peanuts, Cashews, Milk Derived Ingredients, Natural Flavors.

Nutrition Facts		Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 5g		5g	8%	Potassium 115mg	3%
Saturated Fat 0g		0g	0%	Total Carbohydrate 25g	8%
Trans Fat 0g		0g		Dietary Fiber 15g	64%
Cholesterol <5mg		<5mg	2%	Sugars 2g	
Sodium 290mg		290mg	12%	Erythritol 4g	
Vitamin A 0%				Protein 20g	
Magnesium 6%				Calcium 4%	Iron 2%

Serving Size 1 (60g)
 Calories 170
 *Percent Daily Values are based on a 2,000 calorie diet.

CONTAINS: Almonds & Cashews (Tree Nuts), Peanuts and Milk Derived Ingredients.
Only 5g net carbs (and they're all from nuts - not sugar).
The only true low carb bar on the market.
 *Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

20g Protein

Chocolate Chip Cookie Dough

Nutrition Facts

Serving Size 1 Bar

Servings Per Container 12

Amount Per Serving

	Serving	% DV
Calories	190	-
Calories from Fat	70	-
Total Fat	8 g	12%
Saturated Fat	3 g	15%
Trans Fat	0 g	-
Cholesterol	< 5 mg	2%
Sodium	310 mg	13%
Total Carbohydrate	21 g	7%
Dietary Fiber	17 g	68%
Sugars	1 g	-
Protein	21 g	-
Vitamin A		0%
Vitamin C		0%
Calcium		4%
Iron		10%
Magnesium		8%

*percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (100% Natural Prebiotic Fiber), Almonds, Water, Unsweetened Chocolate, Cocoa Butter, Erythritol. Contains less than 2% of the following: Salt, Sucralose, Stevia, Peanuts, Cashews, Milk, Natural Flavorings,.

White Chocolate Raspberry



WHITE CHOCOLATE RASPBERRY



RICH WHITE-CHOCOLATE CHUNKS AND TART RASPBERRIES

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Water, Almonds, Cocoa Butter, Freeze Dried Raspberries, Erythritol. Contains less than 2% of the following: Sea Salt, Natural Flavors, Stevia, Sucralose.

Nutrition Facts


Serving Size 1 (60g)
Calories 190
Calories from Fat 70
*Percent Daily Values are based on a 2,000 calorie diet

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 9g	12%	Potassium 90mg	3%
Saturated Fat 3.5g	16%	Total Carbohydrate 23g	8%
Trans Fat 0g		Dietary Fiber 17g	68%
Cholesterol 5mg	2%	Sugars 1g	
Sodium 270mg	11%	Erythritol 1g	
Vitamin A 0%		Protein 20g	
Magnesium 4%		Calcium 15%	Iron 2%


20g Protein

Contains: Almonds and Milk Derived Ingredients
Only 5g net carbs
The only true low carb bar on the market.
*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

Cookies & Cream



COOKIES & CREAM



REAL COOKIE CRUMBLES AND DELICIOUS CREAM

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Water, Almonds, Cocoa Butter, Erythritol. Contains less than 2% of the following: Cocoa Powder, Natural Flavors, Coconut Oil, Sea Salt, Sunflower Lecithin, Dextrin, Baking Soda, Steviol Glycosides (Stevia), Sucralose.

Nutrition Facts


Serving Size 1 (60g)
Calories 180
Calories from Fat 60
*Percent Daily Values are based on a 2,000 calorie diet

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 7g	11%	Potassium 95mg	3%
Saturated Fat 3g	15%	Total Carbohydrate 22g	7%
Trans Fat 0g		Dietary Fiber 17g	68%
Cholesterol 5mg	2%	Sugars 1g	
Sodium 310mg	13%	Erythritol 2g	
Vitamin A 0%		Protein 21g	
Magnesium 6%		Calcium 15%	Iron 2%

21g Protein

Contains: Almonds, Coconut and Milk Derived Ingredients
21g protein & only 3g net carbs
The only true low carb bar on the market.
*Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

Double Chocolate Chunk



DOUBLE CHOCOLATE CHUNK

A CHOCOLATE LOVER'S DREAM COME TRUE
 Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides* (Prebiotic Fiber), Erythritol, Water, Unsweetened Chocolate, Almonds, Cocoa, Cocoa Butter. Contains less than 2% of the following: Sea Salt, Caramel Color, Stevia, Natural Flavors.

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 6g	9%	Potassium 180mg	5%
Saturated Fat 2.5g	13%	Total Carbohydrate 25g	8%
Trans Fat 0g		Dietary Fiber 16g	68%
Cholesterol 5mg	2%	Sugars 1g	
Sodium 250mg	10%	Erythritol 6g	
Vitamin A 2%	Vitamin C 0%	Protein 20g	
Magnesium 4%	Phosphorus 10%	Calcium 10%	Iron 10%

Serving Size 1 (60g)
 Calories 180
 Calories from Fat 50
 *Percent Daily Values are based on a 2,000 calorie diet

Contains: Almonds and Milk Derived Ingredients
Only 3g net carbs
The only true low carb bar on the market.
 *Isomalto-Oligosaccharides are Prebiotic Fibers derived from plant sources.

20g Protein

S'MORES

Ingredients: Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Soluble Corn Fiber, Almonds, Erythritol, Water, Unsweetened Chocolate, Natural Flavors, Cocoa Butter. Contains less than 2% of the following: Cinnamon, Sea Salt, Baking Soda, Palm Oil, Steviol Glycosides (Stevia), Sunflower Lecithin, Sucralose, Cellulose Gum, Xanthan Gum.

Nutrition Facts	Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
	Serving Size 1 (60g) Calories 180 Calories from Fat 70 *Percent Daily Values are based on a 2,000 calorie diet	Total Fat 8g	12%	Potassium 85mg
	Saturated Fat 2.5g	13%	Total Carbohydrate 23g	8%
	Trans Fat 0g		Dietary Fiber 13g	52%
	Cholesterol 5mg	2%	Sugars 1g	
	Sodium 180mg	8%	Erythritol 6g	
	Vitamin A 0% • Vitamin C 0%		Protein 20g	
	Magnesium 4% • Phosphorus 15%		Calcium 15% • Iron 6%	

Contains: Almonds and Milk-Derived Ingredients.

MINT CHOCOLATE CHUNK

INGREDIENTS: Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Soluble Corn Fiber (Prebiotic Fiber), Water, Almonds, Cocoa Butter, Cocoa (Processed with Alkali), Natural Flavors, Erythritol, Palm Oil, Dextrin, Sea Salt, Sunflower Lecithin, Sucralose, Color (Fruit Juice, Turmeric), Coconut Oil, Xanthan Gum, Baking Soda, Peppermint Oil, Steviol Glycosides (Stevia).

Nutrition Facts	Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
	Serving Size 1 (60g) Calories 190 Calories from Fat 80 *Percent Daily Values are based on a 2,000 calorie diet	Total Fat 9g	14%	Potassium 125mg
	Saturated Fat 4g	20%	Total Carbohydrate 21g	7%
	Trans Fat 0g		Dietary Fiber 15g	60%
	Cholesterol 5mg	2%	Sugars <1g	
	Sodium 210mg	9%	Erythritol 2g	
	Vitamin A 2% • Vitamin C 0%		Protein 20g	
	Magnesium 2% • Phosphorus 10%		Calcium 15% • Iron 4%	

CONTAINS: Almonds, Coconut and Milk-Derived Ingredients.