

FILL UP ON PROTEIN. NOT FAT AND CALORIES.

High protein foods keep you feeling fuller and 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 at health food stores, Loblaws, London Drugs and Bulk Barn.
Visit www.wellnessfoods.ca to find the store 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 | <i>Peanut Butter</i> |
| Lara Bar | 210 | 13 | 5 | 23 | 16 | <i>Peanut Butter Cookie</i> |
| Zone Perfect | 210 | 7 | 14 | 24 | 15 | <i>Chocolate Peanut Butter</i> |
| Balance Original | 200 | 7 | 15 | 21 | 17 | <i>Peanut Butter</i> |
| Clif | 250 | 6 | 11 | 43 | 20 | <i>Chocolate Peanut Crunch</i> |
| Luna Bar | 180 | 6 | 9 | 25 | 12 | <i>Peanut Butter Cookie</i> |

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

The**Simply**Bar[®]