

## COMPARISON OF MARKET PROTEIN BARS

Grams	Slim Fast Milk Chocolate Peanut	Met-RX Malted Milk Bar	South Beach Cinnamon Crème	Atkins Advantage Chocolate Peanut Butter	Body For Life Cookies and Crème	Weight Watchers English Toffee	Go Lean Peanut Butter and Chocolate	EAS Advant Lemon Cheesecake	Power Bar Raspberry and Crème	The Protein Muffin Factory Bars
<b>Protein</b>	8	31	19	19	15	1	13	21	9	<b>26</b>
<b>Carbohydrates</b>	34	34	26	21	22	16	48	24	45	<b>4</b>
<b>Fat</b>	5	7	7	12	7	7	6	6	2	<b>4</b>
<b>Sugars</b>	14	9	1	1	10	5	31	1	20	<b>3</b>
<b>Preservatives</b>	yes	yes	yes	yes	yes	yes	yes	yes	yes	<b>no</b>
<b>Cost Per Serv.</b>	\$1.29	\$2.09	\$1.99	\$1.99	\$1.49	\$0.99	\$1.29	\$1.89	\$1.49	<b>\$0.83</b>
<b>Total Calories</b>	220	320	220	240	200	110	290	210	230	<b>156</b>

The Protein Muffin Factory has the following benefits:

- All Whey Protein used – One of the highest amounts on the market
- Very low carb and fat count
- We use Sucralose so you're not ingesting the filler "Maltodextrin" that is used in Splenda