

Supplex apple bars 100g

chocolate coated

Low carbohydrate healthfood bars

Rich in fibre 16.5%

No added sugar

Delicious and delicate, Supplex chocolate bars with apple extracts are part of the legitimate pleasure of a treat if you have a craving at any time of the day or as a dessert at the end of a meal.

Naturally rich in fibre and low in carbohydrates, they comply with low carbohydrate legislation. Indeed, when **fibre** is blended with food, it reduces the rise in blood sugar after a meal, reduce the absorption of cholesterol and regulate the digestion.

Ingredients: milk proteins, oligofructose, chocolate covering in 56% maltitol, cocoa (20%) (cocoa paste, sweetener: maltitol, cocoa butter, emulsifier: soya lecithin, natural vanilla), sunflower oil, water, apple extracts (5%), soya protein, toasted sesame seeds, natural apple aroma, [F.A.L® seaweeds](#). (0.2%).

may contain traces of peanut

Oligofructose is a natural carbohydrate that provides a sweet flavour but is not digested by the digestive system, and thus has a lower calorific value. Oligofructose has the same properties as fibre: its ingestion does not increase the blood sugar or stimulate the secretion of insulin.

Eating more than 4 bars per day may cause intestinal problems that are not harmful to the health of the consumer.

Nutritional advice:

The chocolate coated bar with apple extracts is the perfect snack as it is a "mixed" snack: supplying several nutrients (proteins, fats, carbohydrates).

This type of snack is recommended to facilitate carbohydrate assimilation and also to prevent too great a rise in the glycaemia.

NUTRITIONAL INFORMATION

	Intake for 100 g of bars	Intake for one bar (20g)
Energy	353 kcal 1476 kJ	71 kcal 295 kJ
Proteins	29 g	6 g
Carbohydrates <i>Including monosaccharides and polyols</i>	15.2 g 2 g 8.6 g	3 g 0.4 g 1.7 g
Fats <i>Including saturated fatty acids</i>	18.6 g 6.1 g	3.8 g 1.2 g
Sodium	0.224 g	0.04 g
Fibres <i>Including Fructo-oligosaccharides</i>	16.5 g 14.3 g	3.3 g 2.9 g