

## Product Information Sheet



The Fast Break bar is great for those who are always on the move. It provides a well balanced meal replacement and is ideal as part of a weight management programme.

### **WARNING – THIS PRODUCT CONTAINS NUTS**

#### Why it's so good for you:

- Provides 50% of the UK RDA of vitamins and minerals your body needs.
- Healthy and tasty snack – when you're too busy to stop for a meal.
- Ideal for children's lunch boxes.
- Only 220 calories per bar.

#### How to take:

Eat as a meal replacement but not more than twice a day.

We find it's best to have a drink when you're eating one of these.

#### Related products:

##### **Lifestyle 30:**

Lifestyle 30 will continue to aid in your body's natural cleansing process while burning your stored fat cells and teaching you how to achieve and maintain your desired weight.

##### **Clean 9:**

Forever clean and lean is a 9 day diet and exercise programme designed to put you on a path to a cleaner and healthier you whilst cleansing your body of chemicals.

A Fast Break Bar costs £2.22 and is 57g



ALL our products are covered by the manufacturer's 60 day no quibble guarantee.

Produced exclusively for the customers of benefitFOREVER.

Please contact us if you require any further information.

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