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Kashi® GOLEAN® Crunchy! Bars
PRODUCT FACT SHEET

Description: *Kashi® GOLEAN®* Crunchy! Bars are the newest addition to the *GOLEAN®* family of cereals, bars, shakes and waffles. The new bars are full of protein and are high in fiber, and include a specific blend of Vitamins B₆, B₁₂, C and E, as well as folic acid, calcium, iron, magnesium and zinc to help people meet their daily needs. Studies have shown that people may not be getting enough of these important nutrients, especially when reducing calories for weight loss.

The *GOLEAN®* family of foods is based on a combination of high protein and high fiber. Fiber curbs cravings to help keep the body satisfied between meals and also helps stabilize blood sugar levels, while protein helps build lean muscle mass with exercise.

Kashi® GOLEAN® Crunchy! Bars are a light and crunchy snack in three delicious flavors: Sublime Lemon-Lime, Chocolate Caramel Karma and Chocolate Peanut Bliss.

Nutrition Facts: One 45g bar is a good source of protein, and a high fiber, low fat snack.

		<u>% Daily Value**</u>	
Calories:	140	Vitamin E:	35% DV
Total Fat:	3g	Folic Acid:	25% DV
Cholesterol:	20mg	Vitamin B₆:	25% DV
Sodium:	180mg	Vitamin B₁₂:	25% DV
Carbs:	26g	Calcium:	20% DV
Fiber:	5g	Vitamin C:	15% DV
Protein:	8g	Zinc:	15% DV
		Iron:	10% DV
		Magnesium:	10% DV

*Nutrition Facts based on Crunchy! Chocolate Caramel Karma flavor

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

Average Retail Price: \$1.19 - \$1.49

Availability: *Kashi® GOLEAN®* Crunchy! Bars are available at grocery and natural food stores nationwide and online at www.kashi.com.

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