

# Energy Bars Variety Pack

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# 1. Introduction

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Welcome to the Nutritech Energy Bars Variety Pack user manual. This pack is designed to provide you with a quick and convenient source of nutrition for your outdoor adventures. Whether you're hiking, biking, or camping, these high-protein, low-sugar energy bars will help fuel your activities without sacrificing taste or quality. This manual will guide you through the features of the product and provide you with important information on how to use it effectively. Enjoy your next adventure with Nutritech Energy Bars!

## 2. Product Overview

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The Nutritech Energy Bars Variety Pack is designed to provide a quick and convenient source of nutrition for your outdoor adventures. With a high-protein, low-sugar formula, these energy bars offer a perfect balance of energy and taste. Whether you're hiking, cycling, or camping, the Nutritech Energy Bars Variety Pack is the ideal choice to fuel your next excursion.

Each pack contains a variety of flavors, ensuring that you can enjoy a different taste with every bar. The compact size and durable packaging make it easy to carry these energy bars with you wherever you go, ensuring that you have a reliable source of nutrition when you need it most.

## 3. Key Features

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### 3.1 Variety Pack

- Includes a variety of flavors such as chocolate, peanut butter, and mixed berry for a diverse taste experience.

### 3.2 High-Protein

- Each energy bar contains 20g of high-quality protein to support muscle recovery and growth during physical activity.

### 3.3 Low-Sugar

- With only 5g of sugar per bar, the Energy Bars Variety Pack provides a nutritious snack option without the guilt of excessive sugar intake.

### 3.4 Convenient Packaging

- Individually wrapped for easy portability and on-the-go consumption during outdoor activities.

### 3.5 Quick Nutrition

- Offers a quick and convenient source of nutrition, perfect for fueling up before, during, or after your adventure.

## 4. Variety Pack Selection

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The Nutritech Energy Bars Variety Pack comes with a selection of delicious flavors to keep your energy levels up during your outdoor activities. Each variety pack includes the following flavors:

- Chocolate Peanut Butter
- Wild Berry
- Oatmeal Raisin

With this variety pack, you can choose the flavor that best suits your taste preferences, ensuring that you have a delicious and satisfying snack on hand for your next adventure.

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## 5. Nutritional Information

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### Energy Bars Variety Pack

The Energy Bars Variety Pack from Nutritech offers a delicious and convenient way to fuel your outdoor adventures. Each bar is packed with essential nutrients to keep you going, without the added sugar. Below is the nutritional information for each flavor included in the variety pack.

#### Almond & Coconut

Nutrient	Amount Per Serving
Calories	180
Total Fat	7g
Protein	10g
Sugars	4g
Carbohydrates	20g

#### Chocolate Chip

Nutrient	Amount Per Serving
Calories	190
Total Fat	8g
Protein	9g
Sugars	5g
Carbohydrates	22g

#### Peanut Butter

Nutrient	Amount Per Serving
Calories	200
Total Fat	9g



Protein	11g
Sugars	3g
Carbohydrates	23g

## Daily Values

The % Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## 6. Ingredients

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The Nutritech Energy Bars Variety Pack contains a range of ingredients to provide a balanced and nutritious snack option for outdoor activities. Each energy bar in the variety pack is made with the following high-quality ingredients:

### Energy Bar 1

- Oats
- Almonds
- Honey
- Whey Protein Concentrate
- Dark Chocolate Chips
- Coconut Oil

### Energy Bar 2

- Quinoa
- Cashews
- Maple Syrup
- Pea Protein Isolate
- Dried Cranberries
- Sunflower Oil

### Energy Bar 3

- Brown Rice
- Pistachios
- Agave Nectar
- Rice Protein
- Dried Blueberries
- Palm Kernel Oil

### Energy Bar 4

- Barley
- Walnuts

- Date Paste
- Hemp Protein
- Dried Cherries
- Canola Oil

The variety of ingredients in the Energy Bars provides a diverse range of nutrients, including protein, carbohydrates, and healthy fats, to sustain energy levels during outdoor activities.

## 7. Storage and Shelf Life

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### Storage

- Store the Nutritech Energy Bars Variety Pack in a cool, dry place away from direct sunlight.
- Keep the bars in their original packaging or in an airtight container to maintain freshness.
- Avoid exposing the bars to extreme temperatures or humidity, as this can affect the quality of the product.

### Shelf Life

- The shelf life of the Nutritech Energy Bars Variety Pack is indicated on the packaging.
- For optimal taste and quality, consume the bars before the expiration date.
- Once opened, individual bars should be consumed within a reasonable time frame to ensure freshness and taste.

### Traveling with Nutritech Energy Bars

- When traveling with the Nutritech Energy Bars Variety Pack, ensure they are stored in a secure and stable position to prevent damage to the bars.
- Consider using a protective case or container to keep the bars intact during travel.



## 8. Recommended Use

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### 8.1 General Guidelines

- Consume Nutritech Energy Bars as a snack or meal replacement.
- Ideal for outdoor activities such as hiking, biking, or camping.
- Suitable for individuals seeking a convenient and nutritious energy boost.

### 8.2 Endurance Exercise

- Consume one Energy Bar 30 minutes before exercise for sustained energy.
- During prolonged activity, eat one bar every 1-2 hours as needed.
- Drink plenty of water to stay hydrated.

### 8.3 Recovery

- Consume one Energy Bar within 30 minutes after exercise to aid muscle recovery.
- Combine with a protein shake for optimal recovery benefits.
- Avoid consuming excessive amounts in a single sitting.

### 8.4 Storage

- Store Energy Bars in a cool, dry place away from direct sunlight.
- Keep away from extreme temperatures and humidity.
- Use within the recommended expiration date for best quality and taste.

## 9. FAQs

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### 9.1 How many energy bars are included in the variety pack?

The Nutritech Energy Bars Variety Pack contains 12 energy bars in total, with 4 bars of each flavor: chocolate chip, peanut butter, and oatmeal raisin.

### 9.2 Are the energy bars suitable for vegetarians?

Yes, the Nutritech Energy Bars Variety Pack is suitable for vegetarians, as they do not contain any animal-derived ingredients.

### 9.3 Can I consume the energy bars if I have a nut allergy?

The energy bars contain nuts and are manufactured in a facility that also processes other nuts. Therefore, if you have a nut allergy, it is recommended to consult with a healthcare professional before consuming these bars.

### 9.4 How should I store the energy bars?

To maintain the freshness and quality of the energy bars, it is recommended to store them in a cool, dry place at room temperature. Avoid exposing them to direct sunlight or high temperatures.

### 9.5 Can the energy bars be consumed as a meal replacement?

While the Nutritech Energy Bars Variety Pack provides a quick source of energy and nutrition, it is not intended to be used as a meal replacement. They are best consumed as a convenient snack or supplement during outdoor activities.

## 10. Contact Information

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If you have any questions or concerns about your Nutritech Energy Bars Variety Pack, please feel free to contact us using the information below. Our customer service team is available to assist you with any issues or inquiries.

### Customer Service

- Phone: 1-800-123-4567
- Email: [customerservice@nutritech.com](mailto:customerservice@nutritech.com)
- Hours of operation: Monday-Friday, 9am-5pm EST

### Technical Support

For technical assistance or product troubleshooting, please contact our technical support team at the following:

- Phone: 1-800-765-4321
- Email: [techsupport@nutritech.com](mailto:techsupport@nutritech.com)
- Hours of operation: Monday-Saturday, 8am-6pm EST

### Warranty Information

For information about the warranty of your Nutritech Energy Bars Variety Pack, please visit our website or contact our customer service team.

### Corporate Headquarters

Nutritech 123 Adventure Way Outdoorville, USA Phone: 1-800-987-6543 Email: [info@nutritech.com](mailto:info@nutritech.com)