

TONIC BAR NUTRITIONAL INFO



TONIC BAR

	 CALORIES (KCAL)	 PROTEIN (G)	 CARBS (G)	 FAT (G)	 SAT FAT (G)	 FIBRE (G)	 SUGAR (G)	 SODIUM (MG)	 CALCIUM (MG)	 IRON (MG)	
ESSENTIAL	SMOOTHIES										
	GREEN DETOX Kale, spinach, lemon, ginger, mint, cucumber, apple, pineapple, pear, chia seed, coconut water, cracked black pepper	201.0	4.6	38.0	5.4	0.7	9.6	23.0	105.0	212.6	3.5
	IMMUNO-BERRY Blueberry, strawberry, banana, flax, chia seed, dates, lemon juice, protein powder, coconut water, dragonfruit coconut swirl	279.8	15.8	49.8	4.1	0.7	10.7	27.9	183.7	80.9	5.1
	BIG GREEN ENERGY (VG) Kale, spinach, matcha, blue spirulina, banana, almond butter, dates, protein powder, coconut water	282.4	19.1	43.5	6.2	0.6	8.3	24.0	261.6	188.4	6.2
ELEVATE	GOLDEN GLOW Mango, pineapple, vanilla yogurt, collagen, protein powder, turmeric, ginger, chia seed, coconut milk, elderberry sea moss gel, camu camu, dragon fruit coconut swirl	337.4	24.4	40.6	9.6	2.3	8.1	27.5	203.2	486.6	6.8
	VANILLA SHAKE Vanilla, almond butter, banana, cauliflower, cashew, chia seed, dates, sea salt, protein powder, almond milk	491.5	33.8	41.8	20.3	4.0	10.4	22.4	182.5	757.2	4.3
	PB POWER Peanut butter, cacao, banana, dates, sea salt, PB2, protein powder, almond milk	458.0	36.7	55.9	15.3	3.8	12.0	28.2	1376.9	658.0	7.2
	ESPRESSO GLOW Espresso, almond butter, cinnamon, vanilla, banana, oats, dates, protein powder, collagen, almond milk, coconut swirl	491.6	36.8	60.5	13.9	2.5	9.2	29.2	165.2	723.4	2.2
EVOLVE	BLUE MAGIC Pineapple, mango, banana, vanilla yogurt, blue spirulina, chia seed, almond butter, protein powder, coconut milk, coconut swirl	466.9	35.1	53.0	15.8	4.9	7.7	32.3	85.7	660.7	2.4
	S&T RECOVERY Blueberry, cashew, almond butter, maca, dates, cinnamon, blueberry chia jam, collagen, protein powder, almond milk	605.0	40.1	47.6	31.6	4.9	10.4	26.8	166.0	785.2	3.9
	THE LAGREE SHAKE Raspberry, strawberry, cauliflower, vanilla yogurt, cashew butter, pitaya, lucuma, vanilla, dates, creatine, collagen, protein powder, coconut water, strawberry-beet vanilla swirl	600.7	44.2	57.9	22.3	6.1	12.6	31.8	139.0	410.4	3.6
	HYROX FOR BREAKFAST Banana, oats, hazelnut butter, maca, dates, vanilla, flax, sea salt, PB2, collagen, creatine, protein powder, almond milk, blueberry-vanilla swirl	617.8	45.0	68.0	17.4	2.9	11.4	33.3	475.3	716.7	3.0
	THE ROI Roasted black sesame, vanilla yogurt, almonds, almond butter, banana, dates, cinnamon, sea salt, chia seed, collagen, protein powder, cashew milk, black sesame coconut whip	561.0	41.5	44.1	27.2	4.2	9.7	20.6	373.9	792.7	3.3
	CHOCOLATE CHERRY LOVE BOMB Cherry, banana, strawberry, cocoa powder, almond butter, maca, dates, vanilla, sea salt, chocolate protein powder, cashew milk, beet coconut swirl	476.5	34.8	59.1	18.1	4.2	13.9	29.6	821.3	465.8	11.4
THE TRUE NORTH Maple, banana, vanilla yogurt, almonds, cashew butter, hems hearts, creatine, protein powder, strawberry-beet vanilla chia jam	372.1	33.1	39.7	7.8	1.0	4.9	24.5	185.8	582.7	1.1	