

Energy Bar Comparison

Brand Name	Organic	Added Sugar	Protein Source	# of Ingredients	Gluten Free	Cost Per Bar
Nikken: Chocolate Nut	✓		Almonds & Walnuts	4	✓	\$2.50
Medifast: Chocolate Crunch Bar		✓	Soy Protein Isolate	21		\$2.79
Shaklee: Toffee & Chocolate Crunch		✓	Soy Protein Isolate	25	✓	\$2.40
Amway: Chocolate Chip	✓	✓	Soy Protein Isolate	24		\$3.33
Clif: Chocolate Chip	✓	✓	Soy Protein Isolate	19		\$1.25
Herbalife: Chocolate Peanut		✓	Whey Protein Concentrate	23		\$1.79
Melaleuca: Chocolate Chip Drizzle		✓	Soy Protein Isolate	27		\$3.33?
Atkins: Chocolate Chip Cookie Dough		✓	Whey Protein Concentrate	46		\$1.78
Zone: Chocolate Chip Cookie Dough		✓	Soy Protein Isolate	61		\$1.40