

FRUPP

FOR THOSE WHO WANT MORE



ENJOY UNIQUE TASTE OF
FRUPP FRUIT BARS

WWW.FRUPP.PL/EN

HEALTHY EVERY DAY!

The **strawberry bar** is a perfect snack for those who are hungry for a new challenge and is a good alternative for high-calorie sweets.

- **no sugar added**
- **33 kcal**
- **gluten free**
- **no fat and salt added**
- **31% of fibre**
- **polyphenols with antioxidant properties**
- **vitamin C**



Strawberries contains iron, calcium and phosphorus, and

- **strengthen the bones and the teeth**
- **improve muscle functions and digestion process**
- **prevent cancer**

THE BAR DOESN'T FALL FAR FROM THE TREE

Apple bar is a light and tasty snack made from apples grown in Polish orchards, ideal for those concerned about healthy lifestyle

- **36 kcal**
- **gluten free**
- **no salt added**
- **no fat added**
- **7% of fibre**
- **made from Polish apples**



Apples are rich sources of vitamins C, E, K, and various minerals which:

- **strengthen muscles, the heart and the nervous system**
- **have antiatherogenic properties**
- **improve metabolism**
- **facilitate calcium absorption in the body**

DISCOVER THE SECRET OF OUR FRUIT

The FRUPP Bars are made following the freeze-drying process, which allows preserving all the features of its fresh ingredients. More taste, aroma and nutritional values are retained than by any other drying process.

DELICIOUS, HEALTHY AND RASPBERRY!

The **raspberry bar** is not only delicious and crunchy, but is also a healthy alternative for high-calorie everyday snacks.

- 37 kcal
- gluten free
- no salt added
- no fat added
- 15% of fibre
- polyphenols with antioxidant properties



Raspberries are rich in vitamins C, K, B1, B2, PP, carotenoids and fibre, and

- improve the detox of the body
- strengthen the immune system, improving iron absorption
- help to combat anaemia

CHERRY DELIGHT!

The **sour cherry bar** is a delicious and healthy snack for the active ones who care for a healthy diet!

- no sugar added
- 34 kcal
- gluten free
- no fat and salt added
- 29% of fibre
- polyphenols with antioxidant properties



Sour cherries are rich in iron, copper, sodium, manganese, potassium, phosphorus and calcium, and

- offer therapeutic, anti-inflammatory and antibacterial properties
- delay the ageing process
- stimulate metabolism
- improve heart function and prevent cardiovascular diseases
- help maintain the acid-base balance of the body

AND, FURTHER MORE, IS PERFECT

The FRUPP bar is not only a delicious and healthy snack available when you are on the go. **You may combine it with your muesli, yoghurt, dessert or fruit cocktail.** Or dissolve it in water, freeze it and enjoy a delightful ice sorbet.

FRUPP Kids



NEW TASTES OF CHILDHOOD



FRUPP Kids is a yummy snack for kids without added sugar. Fruit bars are perfect both at home, school, or on a trip. Your kids will love it!

FRUPP & FRUPP Kids



**NO FAT AND
NO SALT ADDED**



**GLUTEN-FREE
PRODUCT**



HIGH FIBRE CONTENT



**ALTERNATIVE
TO HIGH-CALORIE
SWEETS**



**SNACK
FOR WHOLE FAMILY**

FIND ALL PRODUCTS – VISIT OUR WEB-SITE:

WWW.FRUPP.PL/EN



Celiko S.A. | św. Antoniego 71 | 61-359 Poznań, Poland

