

gluten free

tastes great



Betty Lou's™

StabilYZe®



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Product of the USA

✓ Gluten Free

✓ Kosher

✓ **KETO** Friendly!

Certified



Gluten-Free



- Sugar Stable
- Low Net Carbs
- Low Glycemic
- Good source of protein



Nutrition Facts

1 servings per container
Serving size
1 Bar(42g)

Calories per serving **170**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 9g	12%	Total Carbohydrate 17g	6%
Saturated Fat 5g	25%	Dietary Fiber 7g	25%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 5mg	2%	Includes 2g Added Sugars	4%
Sodium 55mg	2%	Sugar Alcohol 3g	
		Protein 9g	16%

Vitamin D 10mcg 50% • Calcium 220mg 15% • Iron 1mg 6%
Potassium 125mg 2% • Riboflavin 1.3mg 100% • Vitamin B₆ 0.5mg 30%
Vitamin B₁₂ 6.3mcg 260% • Biotin 315mcg 1050%
Pantothenic Acid 9mg 180% • Phosphorus 46mg 4%
Magnesium 165mg 40% • Zinc 14mg 130% • Selenium 50mcg 90%
Manganese 1.2mg 50% • Chromium 113mcg 320%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.



Nutrition Facts

1 servings per container
Serving size
1 Bar(42g)

Calories per serving **160**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 8g	10%	Total Carbohydrate 17g	6%
Saturated Fat 2.5g	13%	Dietary Fiber 8g	29%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 5mg	2%	Includes 3g Added Sugars	6%
Sodium 55mg	2%	Sugar Alcohol 3g	
		Protein 10g	17%

Vitamin D 10mcg 50% • Calcium 215mg 15% • Iron 2mg 10%
Potassium 180mg 4% • Riboflavin 1.3mg 100% • Vitamin B₆ 0.5mg 30%
Vitamin B₁₂ 6.3mcg 260% • Biotin 315mcg 1050%
Pantothenic Acid 9mg 180% • Phosphorus 44mg 4%
Magnesium 172mg 40% • Zinc 14mg 130% • Selenium 50mcg 90%
Manganese 1.2mg 50% • Chromium 113mcg 320%

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Saturated Fat 3.5g	18%	Dietary Fiber 8g	29%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 5mg	2%	Includes 3g Added Sugars	6%
Sodium 75mg	3%	Sugar Alcohol 4g	
		Protein 10g	17%

Vitamin D 10mcg 50% • Calcium 188mg 15% • Iron 1mg 6%
Potassium 154mg 4% • Riboflavin 1.3mg 100% • Vitamin B₆ 0.5mg 30%
Vitamin B₁₂ 6.4mcg 270% • Biotin 315mcg 1050%
Pantothenic Acid 9mg 180% • Phosphorus 31mg 2%
Magnesium 164mg 40% • Zinc 14mg 130% • Selenium 50mcg 90%
Manganese 1.2mg 50% • Chromium 113mcg 320%

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Trans Fat 0g		Total Sugars 3g	
Cholesterol 5mg	2%	Includes 2g Added Sugars	4%
Sodium 80mg	3%	Sugar Alcohol 3g	
		Protein 10g	16%

Vitamin D 10mcg 50% • Calcium 203mg 15% • Iron 2mg 10%
Potassium 192mg 4% • Thiamin 0mg 0% • Riboflavin 1.3mg 100%
Vitamin B₆ 0.6mg 35% • Vitamin B₁₂ 6.3mcg 260% • Biotin 315mcg 1050%
Pantothenic Acid 9mg 180% • Phosphorus 78mg 6%
Magnesium 188mg 45% • Zinc 14mg 130% • Selenium 50mcg 90%
Manganese 1.5mg 70% • Chromium 113mcg 320%

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Stabilize bars maintain balance in your body and help stabilize your blood sugar levels.

Stabilize bars include:

Whey Protein: A great protein source that contains all nine essential amino beneficial to build and maintain muscle mass which in turn can affect body fat loss.

Leucine: associated with decreasing plasma insulin and improving the triglyceride profile.

Fiber: We use a prebiotic dietary vegetable fiber that helps maintain a healthy gut, regularity and assists in hunger management.

Agave Syrup: Organic and natural sweetener that offers the benefit of maintaining a low glycemic index.

21 Vitamins and Minerals: The nutrients your body uses to maintain steady glycemic levels, build and maintain muscle mass, and maintain energy and stay balanced.



Visit www.bettylousinc.com to see even more recipes and learn to Bake Like Betty Lou using our Gluten Free Baking Mixes, Just Great Stuff Powdered Peanut Butter and more!