

Grab and Go, Protein on the go... Bio-Synergy Biltong

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Bio-Synergy Biltong is a delicious marinated lean beef snack which has been designed as a natural, tasty nutritionally superior alternative to protein bars. Each 50g bag is over 55% protein, 2.25g fat. 1.6g carbs and fewer than 140 calories per pack. It is produced in the UK and contains no artificial sweeteners, flavour enhancers, MSG or colorants.

With more and more people taking up outdoor pursuits, Bio-Synergy Biltong offers a convenient, natural and high protein snack, ideal for refuelling whilst on the go.

As you would expect it has been thoroughly road tested with International athletes and fitness enthusiasts alike to ensure that it not only delivers the right nutrition but tastes great too.

With more any more of us adopting fitness, yet with less time to eat a balanced a healthy diet the Bio-Synergy Biltong is the perfect choice for those leading a hectic life.

"Protein is vital to a healthy lifestyle and we've seen the sports nutrition market explode in the US – a staggering 37% of the population use protein products versus only 17% currently in the UK, but we are starting to catch up."

Notes to editors:

Bio-Synergy is a UK sports nutrition company that was founded in 1997.

Bio-Synergy brands also include ActiVeman, Active Woman, Super7 and Skinny Water.

Brand ambassadors include James Cracknell, Reggie Yates and Melanie Sykes.

Bio-Synergy Biltong is available from leading stores and www.bio-synergy.co.uk

For further information please call 020 7569 2528 or pr@bio-synergy.co.uk

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