Quality

This is where we shine. We handpicked 7 ingredient to make this powerhouse of a bar. Where other companies cut corners to reduce cost, we increase them to make a superior bar. With no fake flavours, colours, and misleading claims, we’re here to shine. Why hide behind inferior ingredients by masking them with sugar alcohols and artificial sweeteners? We take pride in providing you an outstanding bar in both taste and function. With only real ingredients and taste, that’s the reason the only bar you should be eating is a Forged Bar.

Transparency

Ingredients:

Natural Peanut butter: A staple for any lifters diet; a healthy source of fat, with the added benefit of slower digesting protein to help keep you fuller for longer.

Soluble Corn Fibre: A binding ingredient that is a must for any high quality bar. Provides a mild sweetness, with a very low glycemic index. A great source of fibre as well!

Hydrolyzed Whey Protein: Where the bulk of the protein comes from; a super-fast absorbing, quality, soy free protein used for when you need protein fast. That’s why you’re eating a protein bar isn’t it?

Vegetable Glycerine: Used as a natural preservative to help the bar last on the shelf. Nothing fancy here.

Milk Protein Isolate: That delicious, crunchy texture you experience when eating your Forged Bar. Our crisps are 100% milk protein isolate! Yum, more protein!

Molasses: Who doesn’t love a little sweetness in their life? Just like in Grandmas gingerbread cookies, we used a small amount of molasses for sweetness.

Salt: To enhance the overall taste, salt does the trick.

Results

Why eat a bar when you get no benefit from it? That’s why Forged Bar packs a whopping 340 calories of high quality protein, fat, and carbs; the three building blocks for all performing athletes. With an unmatched 26 grams of quality protein per bar, you’re forced do nothing but succeed. After all, that’s why you’re eating a Forged Bar…

Our Story

Our goal is simple, to create the best protein bar on the market. That’s why we started this endeavour in the first place. With that being said, sourcing only quality ingredients, creating good macros, and of course having a delicious tasting bar is a must. We look forward to hearing your feedback, and offering the only protein bar you should be eating, a Forged Bar!

* Adam Beres (Founder)