

PROTEIN BARS

Tags for the product

Protein Bar
High protein bars
Whey protein bars
No sugar protein bars
Whey Protein Isolate
Rosemary
Sugar--Free Dark Belgium Chocolate
Cocoa Butter
Fructooligosaccharides (FOS)
Cranberry Protein Bar
Belgium Chocolate Protein Bar
Arabica Coffee Protein Bar

Target Keywords

Primary Keyword -

Protein Bar

Secondary Keywords -

Protein bar chocolate
Best protein bars in India
No sugar protein bars
High protein bars
Whey protein bars
Protein bar box

Protein bar pack
Protein bars online

Suggested URL-

Meta title- Miduty Protein Bars: Best No-Sugar, High Protein Bars in India

Meta Description- Discover the best protein bars in India! Miduty's high protein bars with whey isolate, no added sugar, and natural ingredients in a protein bar pack. Order your protein bars online today!

Short Description-

Craving a snack that's healthy, delicious, and packed with nutrients?

Wondering how to satisfy your cravings while maintaining a balanced diet?

Miduty Protein Bars offer the perfect blend of flavor and health with **15g of protein, 10g of fiber, and 0g of added sugar**. Whether its:

- Rich taste of Belgium Chocolate
- The tangy sweetness of Cranberry
- The bold flavour of Arabica Coffee you will enjoy a protein-packed treat without any artificial additives.

6 Benefits — NEED ICONS for this

- Provides a quick, convenient energy boost
- Supports muscle recovery and growth
- Aids in weight management
- Helps curb hunger between meals
- Offers a balanced source of protein and fiber
- Great for post-workout nutrition

Product dropdown (The list of capsules/mg of the product) Personalized Box- Pack of 3

Each bar- 65g

Price of the Product

Pack of 3 – 570/-

Pack of 6 – 1140/-

About the Product

A truly balanced diet is about more than just avoiding unhealthy foods, it's about making consistent, nutritious choices that fuel and nourish your body throughout the day. That's where Miduty Protein bars come in. Each Miduty Protein Bar contains **15g of Whey Isolate Protein**, one of the most bioavailable and easily digestible protein sources.

Whey Isolate is known for its fast absorption and high amino acid content making it excellent for muscle repair and recovery after workouts. [\[1\]](#) Whether you are a fitness enthusiast or someone with an active lifestyle, these protein bars will help you maintain muscle mass, support recovery, and provide sustained energy throughout the day.

In addition to protein, every bar is loaded with **10g of dietary fiber**, which not only aids digestion but also promotes feelings of fullness, helping you curb cravings and reduce unnecessary snacking. This makes it an ideal snack for weight management, providing a steady release of energy while keeping you satisfied for longer periods. [\[2\]](#)

Each protein bar is enriched with **Fructooligosaccharides (FOS)**, a type of prebiotic fiber. Prebiotics are essential for maintaining a healthy gut microbiome, as they feed beneficial bacteria in your digestive system. By incorporating FOS, these bars not only support digestion but also help promote long-term gut health. [\[3\]](#)

For those mindful of their sugar intake, especially individuals managing conditions like diabetes, **Miduty Protein Bars** are an excellent choice. With **no added sugar**, they can be enjoyed occasionally without worrying about spikes in blood sugar levels, making them a healthier alternative to traditional snacks that are often loaded with sugars and empty calories.

*Many Protein bars contain soy or peanuts, which can be problematic for people with allergies or autoimmune conditions. Miduty Protein Bars are **soy and peanuts-free**, ensuring they are safe for those with autoimmune conditions or specific dietary specifications.*

Miduty Protein Bars are not just for athletes they are designed for **anyone with a busy lifestyle**. Whether you're professional juggling meetings, a traveler navigating long journeys, or a hiker exploring the outdoors, these bars offer a **fulfilling snack on the go**.

With their compact size and long shelf life, they can be your reliable source of energy wherever you are, providing nourishment without the need to stop for unhealthy convenience foods.

We often reach for unhealthy snacks loaded with sugars, refined carbohydrates, and artificial ingredients. Miduty Protein Bars offer a **nutritious alternative**, helping you **replace unhealthy snack options** with something that nourishes your body and satisfies your cravings. Their **balanced macronutrient profile** featuring protein, fiber, and healthy fats from almonds, cashews, and other natural ingredients—makes them an ideal snack for maintaining energy levels while keeping your diet in check.

This can be mentioned in the How to Consume Section

Please Note- These protein bars are made in a facility that also processes peanuts, soy, and seeds.

Quick Info- These no-sugar protein bars contain the natural flavors of Dark Belgium Chocolate, Cranberry, and Coffee.

What's Inside-

Whey Protein Isolate

Cocoa butter

Cocoa Powder

Almonds

Cashews

Dates

Rosemary
Fructo Oligosaccharides
Sugar-free Belgium Chocolate
Cranberry
Coffee Powder

Why are Miduty's Protein Bars Superior?

- **High-Quality Whey Protein:** Miduty's Protein Bars are packed with **15 g of Whey Isolate protein**, which is renowned for its quick absorption and muscle-building capabilities.
- **100% Natural Flavors:** At Miduty, we believe in keeping it pure and simple. Unlike many protein bars that use artificial or natural flavors, Miduty Protein Bars are made with **100% natural flavors**. You won't find any artificial additives or preservatives here—just real, wholesome ingredients.
- **No Added Sugar:** Many protein bars come laden with sugar or artificial sweeteners. Miduty's Protein Bars, however, are **naturally sweetened** with **Fructooligosaccharides (FOS)**, making them one of the best no-sugar protein bars available.

- **Natural Preservative—Rosemary:** Instead of using artificial preservatives, Miduty utilizes **rosemary, a natural herb**, to preserve freshness. This innovation ensures the bars have a **longer shelf life of up to 9 months** without compromising on taste or quality.
- **Zero Soy and Peanuts:** A unique feature of Miduty Protein Bars is the complete **absence of soy and peanuts**—common allergens and potential autoimmune triggers found in most protein bars. By excluding these, Miduty ensures the protein bars are safer for people with sensitivities and those looking to avoid ingredients that may impact their health.
- **Chocolate Enrobing:** Miduty Protein Bars are wrapped in a delicious **chocolate coating that's free from artificial sweeteners**. These high-protein bars are completely sugar-free, making them ideal for those mindful of their sugar intake. Instead of sugar, we have added **Erythritol—a natural, low-calorie sweetener**. [\[4\]](#)

Erythritol provides the sweetness you crave without affecting your blood sugar levels, making these bars a perfect choice for anyone managing their sugar intake, including people with diabetes.

FAQs (4-5 FAQs)

Can I eat protein bars for breakfast?

Yes, you can enjoy a protein bar for breakfast. Look for high protein bars like Miduty Protein Bars that provide essential nutrients and keep you full. With no added sugar and natural ingredients, they offer a balanced start to your day

Can I eat a protein bar daily?

It's perfectly fine to eat a protein bar daily, as long as it's part of a balanced diet. Opt for the best protein bars in India, like Miduty's no-sugar protein bars, which are packed with whey protein and healthy ingredients like nuts and fiber.

Is it okay to eat a protein bar after every workout?

Yes, a whey protein bar is an excellent post-workout snack, helping to repair muscles and aid recovery. Choose Miduty Protein Bars, available in a protein bar pack or protein bar box, to fuel your body with 15g of protein after each workout.

Can I just eat protein bars to lose weight?

While protein bars can support weight loss by curbing hunger, relying solely on them isn't ideal. Incorporate high protein bars like Miduty's no-sugar protein bars into a varied diet for sustainable results. Always aim for a balanced approach to weight loss.

Can a protein bar replace a meal?

A protein bar can replace a small meal occasionally, especially if you're short on time. Miduty Protein Bars are nutrient-dense and available in delicious flavors like protein bar chocolate, but they work best as part of a balanced diet.

Are Miduty and Palak notes the same brand?

Yes, the brand's Palak Notes and Miduty are the same.

THREE FLAVOURS- Ingredients & Details

CHOCOLATE PROTEIN BAR:

Indulge in a guilt-free treat with **Chocolate Protein Bar**—a perfect fusion of rich, sugar-free belgium chocolate and wholesome ingredients designed to fuel your body while satisfying your taste buds. Packed with **15g of high-quality Whey Protein Isolate, 0g of added sugar, 10g of added fiber**, and **natural Chocolate Flavor**, this protein bar is crafted to support your fitness goals while ensuring a delicious experience. Whether you are looking for a quick pre-workout snack or a healthy option on the go, this bar offers a perfect balance of nutrition and taste.

Each bite is loaded with nutrient-dense ingredients like **whey protein isolate, dates, almonds**, and **cashews**, and it's completely **soy-free, gluten-free**, and **preservative-free**, making it one of the best protein bars in India.

3 Key Features-

Whey Protein Isolate: Whey Protein Isolate in Miduty Protein Bars is a high-quality protein providing all essential amino acids for muscle recovery and growth. Rich in BCAAs, especially Leucine, it supports muscle protein synthesis effectively.

Natural Chocolate Flavor: Cocoa powder—derived from **premium cocoa beans**, carefully processed to retain their richness which gives a natural flavor to Miduty's Chocolate Protein Bar.

Sugar-Free Dark Belgium Chocolate: Miduty Protein Bars are **enrobed with sugar-free dark Belgium chocolate**, offering a rich and decadent flavor with natural sweetener—**Erythritol**.

ARABICA COFFEE PROTEIN BAR-

Energize your day with the rich, bold flavors of our **Arabica Coffee Protein Bar**. Blending premium coffee powder with sugar-free dark Belgian chocolate, this bar is a perfect fusion of taste and nutrition, designed for coffee lovers who prioritize a healthy lifestyle. With **15g of high-quality protein**, **0g of added sugar**, and **10g of fiber**, it's an ideal snack to keep you fueled and satisfied throughout the day.

Our Arabica Coffee Protein Bar contains only the finest ingredients, including **whey protein isolate**, **almonds**, and **cashews**, delivering essential nutrients with every bite.

3 Key Features-

Arabica Coffee Flavor: Sourced from **premium Arabica beans—derived from the seeds of the Coffea arabica plant**, this coffee powder adds a rich, smooth flavor to Miduty Protein Bars. Known for its mild bitterness and complex aroma, it also provides a natural caffeine boost, enhancing focus and alertness without causing jitters.

Dates: Dates are packed with fiber, they promote digestive health and provide long-lasting energy. Unlike refined sugars, **dates release their natural sugars slowly**, ensuring sustained energy **without blood sugar spikes**.

Natural Sweetener: Miduty Protein Bars use erythritol in the chocolate enrobing—a natural low-calorie sweetener. With a glycemic index of zero, erythritol doesn't spike blood sugar, making it ideal for those managing diabetes or following low-sugar diets.

CRANBERRY PROTEIN BAR-

Savour the perfect blend of sweet and tart with our Cranberry Protein Bar. Packed with **15g of high-quality protein, 0g of added sugar, and 10g of fiber**, this bar is crafted for those seeking a nutritious snack that doesn't compromise on taste. Combining the **tangy flavor of cranberries** with the **richness of sugar-free dark Belgium chocolate**, this protein bar offers a refreshing and delicious way to fuel your body.

Made with whey protein isolate, dates, almonds, and cashews, it provides essential nutrients to support your active lifestyle. The protein bar is **soy-free, gluten-free, and preservative-free**.

3 Key Features-

Natural Cranberry Flavor: Extracted from natural cranberries—these berries are rich in antioxidants and fiber [\[5\]](#), making them a valuable addition to Miduty Protein Bars. Their compounds, like proanthocyanidins (PACs), help neutralize free radicals, while the high fiber content promotes digestive health.

Fructo-Oligosaccharides (FOS): FOS is a powerful prebiotic fiber that promotes digestive health while adding a mild sweetness to Miduty Protein Bars. It doesn't spike blood sugar, making it ideal for those managing blood sugar levels, including individuals with diabetes. FOS offers a low-calorie alternative to traditional sweeteners, ensuring a pleasant taste in every bar.

Almonds & Cashews: Almonds are a rich source of healthy fats, protein, and vitamin E, promoting heart health and enhancing brain function. [6] Cashews provide magnesium and iron for bone health and immunity, while their creamy texture adds richness.

Scientific / Clinical Studies

- [1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5537849/>
- [2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257631/>
- [3] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6463098/>
- [4] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9824470/>
- [5] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8911768/>
- [6] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7146189/>

Similar products (3 Products you want to show that are similar to this product)

- Fit & Lean Protein Shake – 1899/-
- ShapeME Up Protein Shake – 1799/-
- Kids Chocolate Shake – 1299/-

PALAK NOTES IS NOW MIDUTY

New Era! Continued Dedication!

Pain that went untreated gave rise to the brand Palak Notes. Pre-COVID, we began to evolve, and over the past three years (and counting), we have dedicated our entire selves to learning about the pain and health issues that society suffers. We had a modest beginning, but today we have a large family.

So, in order to adapt to these changes over time, we have decided to create a new brand identity that reflects our team and potential customers. We are now known as MIDUTY. Our vision for the current era is presented and projected through this new identity.