

repeats®



2025 product catalog



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At **Repeats**, we're redefining snacking—because “healthy” shouldn't be boring, and “delicious” shouldn't mean compromise. With three unique lines catering to different lifestyles, our **PRO**, **EXTRA** and **YUM** snacks are ***too good to eat just once***. Why settle for ordinary when you can snack on something unforgettable?

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PRO HIGH PROTEIN

4

35g choco squares
assortment - thin choco squares
spreads

EXTRA MEDIUM PROTEIN

10

80g choco squares
spreads
energy bites

YUM NO ADDED PROTEIN

16

80g choco squares
spreads





Repeats PRO, is the ultimate high-protein snack line for fitness enthusiasts, athletes, and anyone on a protein-rich diet. With protein-packed spreads and chocolates, it fuels recovery, muscle building, and sustained energy—without compromise. Strong bodies deserve smarter snacks - choose **Repeats PRO** for peak performance!!



repeats®
PRO

milk cocoa bar
with hazelnuts

with whey protein

Per bar (35 g)	
Calories 280	% DV
Fat 16 g	21 %
Saturated 8 g	40 %
+ Trans 0 g	
Carbohydrate 10 g	
Fibre 2 g	7 %
Sugars 3 g	3 %
Sugar alcohols 4 g	
Protein 7 g	
Cholesterol 0 mg	0 %
Sodium 10 mg	0 %
Potassium 40 mg	1 %
Calcium 50 mg	4 %
Iron 0.3 mg	2 %

Ingredients : Cocoa butter, Hazelnuts, Whey protein isolate, Whole milk powder, Cocoa mass, Cocoa powder, Whey protein concentrate, Erythritol, Stevia leaf extract, Soy lecithin, Inulin, Natural vanilla flavour.

Contains : Milk, Hazelnuts, Soy.

May contain : Peanuts, Tree nuts.

repeats®
PRO

white cocoa bar
with orange bits and strawberry

with whey protein

Per bar (35 g)	
Calories 300	% DV
Fat 16 g	21 %
Saturated 9 g	45 %
+ Trans 0 g	
Carbohydrate 9 g	
Fibre 2 g	7 %
Sugars 3 g	3 %
Sugar alcohols 4 g	
Protein 7 g	
Cholesterol 0 mg	0 %
Sodium 15 mg	1 %
Potassium 100 mg	3 %
Calcium 50 mg	4 %
Iron 0.2 mg	1 %

Ingredients : Cocoa butter, Whey protein isolate, Whole milk powder, Freeze-dried orange bits, Freeze-dried strawberry powder, Lactose, Erythritol, Stevia leaf extract, Soy lecithin, Inulin, Natural vanilla flavour.

Contains : Milk, Soy.

May contain : Peanuts, Tree nuts.



repeats®
PRO

bitter cocoa bar with lemon cheesecake flavoured filling

with whey protein

Per bar (35 g)	
Calories 270	% DV
Fat 14 g	19 %
Saturated 8 g	40 %
+ Trans 0 g	
Carbohydrate 7 g	
Fibre 1 g	4 %
Sugars 2 g	2 %
Sugar alcohols 4 g	
Protein 8 g	
Cholesterol 0 mg	0 %
Sodium 10 mg	0 %
Potassium 75 mg	2 %
Calcium 20 mg	2 %
Iron 0.75 mg	4 %

Ingredients : Cocoa butter, Cocoa mass, Whey protein isolate, Whey protein concentrate, Cocoa powder, Lemon cheesecake flavoured cream (sunflower oil, skim milk powder, freeze-dried lemon powder, erythritol, soya lecithin, inulin, natural vanilla flavour), Stevia leaf extract.

Contains : Milk, Soy.

May contain : Peanuts, Tree nuts, Wheat.

repeats®
PRO

milk cocoa bar with pistachios and kadaif

with whey protein

Per bar (35 g)	
Calories 220	% DV
Fat 14 g	19 %
Saturated 8 g	40 %
+ Trans 0 g	
Carbohydrate 11 g	
Fibre 2 g	7 %
Sugars 3 g	3 %
Sugar alcohols 3 g	
Protein 8 g	
Cholesterol 5 mg	2 %
Sodium 30 mg	1 %
Potassium 100 mg	3 %
Calcium 50 mg	4 %
Iron 0.5 mg	3 %

Ingredients : Cocoa butter, Kataifi pastry pieces [flour, sugar], Pistachio paste, Whey protein isolate, Whey protein concentrate, Whole milk powder, Cocoa mass, Cocoa powder, Tahini (ground sesame seeds), Butter, Erythritol, Stevia leaf extract, Soy lecithin, Inulin, Natural vanilla flavour.

Contains : Milk, Wheat, Pistachios, Soy.




May contain : Peanuts, Tree nuts.



repeats[®]
PRO

high protein choco squares
assortment

white – coffee – milk – dark

-  gluten-free
-  no sugar added
-  preservative-free

Per 7 squares	white		coffee		milk		dark	
Calories	340	% DV	370	% DV	350	% DV	320	% DV
Fat	17 g	23 %	18 g	24 %	19 g	25 %	17 g	23 %
Saturated	10 g	50 %	12 g	60 %	11 g	55 %	10 g	50 %
+ Trans	0 g		0 g		0 g		0 g	
Carbohydrate	14 g		14 g		11 g		9 g	
Fibre	0 g	0 %	0 g	0 %	2 g	7 %	1 g	4 %
Sugars	2 g	2 %	9 g	9 %	1 g	1 %	0 g	0 %
Sugar alcohols	4 g		4 g		5 g		5 g	
Protein	9 g		9 g		10 g		10 g	
Cholesterol	0 mg		0 mg		5 mg	2 %	0 mg	
Sodium	25 mg	1 %	25 mg	1 %	40 mg	2 %	20 mg	1 %
Potassium	50 mg	1 %	50 mg	1 %	150 mg	4 %	75 mg	2 %
Calcium	30 mg	2 %	30 mg	2 %	75 mg	6 %	50 mg	4 %
Iron	0.75 mg	4 %	0.5 mg	3 %	0.75 mg	4 %	0.75 mg	4 %

Ingredients : White: Cocoa butter, Whole milk powder, Lactose, Erythritol, Whey protein isolate, Whey protein concentrate, Skim milk powder, Soya lecithin, Stevia leaf extract, Natural vanilla flavour. **Coffee:** Cocoa butter, Whole milk powder, Lactose, Erythritol, Whey protein isolate, Whey protein concentrate, Skim milk powder, Soya lecithin, Stevia leaf extract, Ground Turkish coffee, Inulin, Natural vanilla flavour. **Milk:** Cocoa butter, Whole milk powder, Erythritol, Whey protein concentrate, Whey protein isolate, Cocoa mass, Inulin, Soya lecithin, Stevia leaf extract, Natural vanilla flavour. **Dark:** Cocoa butter, Cocoa mass, Whey protein isolate, Erythritol, Whey protein concentrate, Cocoa powder, Inulin, Soya lecithin, Stevia leaf extract, Natural vanilla flavour.

Contains : Milk, Soy. **May contain :** Peanuts, Tree nuts.



repeats®
PRO

**strawberry
spread**

 **with whey protein**

Per tbsp (20 g)	
Calories 120	% DV
Fat 7 g	9 %
Saturated 1 g	5 %
+ Trans 0 g	
Carbohydrate 7 g	
Fibre 1 g	4 %
Sugars 3 g	3 %
Sugar alcohols 3 g	
Protein 5 g	
Sodium 30 mg	1 %
Potassium 20 mg	1 %
Calcium 10 mg	1 %

Ingredients : Sunflower oil, Skimmed milk powder, Erythritol, Stevia leaf extract, Whey protein concentrate, Whey protein isolate, Freeze-dried strawberry powder, Inulin, Sunflower lecithin, Natural vanilla flavour.
Contains : Milk, Soy.



gluten-free



no sugar added



preservative-free

repeats®
PRO

**espresso
flavoured spread**

 **with whey protein**

Per tbsp (20 g)	
Calories 120	% DV
Fat 8 g	11 %
Saturated 1 g	5 %
+ Trans 0 g	
Carbohydrate 6 g	
Fibre 1 g	4 %
Sugars 3 g	3 %
Sugar alcohols 3 g	
Protein 5 g	
Sodium 20 mg	1 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron 1.25 mg	7 %

Ingredients : Sunflower oil, Skimmed milk powder, Whey protein concentrate, Erythritol, Inulin, Ground Turkish coffee, Whey protein isolate, Soy lecithin, Natural vanilla flavour.
Contains : Milk, Soy.



gluten-free



no sugar added



preservative-free



repeats®
PRO

**cocoa hazelnut
spread**

 **with whey protein**

Per tbsp (20 g)	
Calories 120	% DV
Fat 8 g	11 %
Saturated 1 g	5 %
+ Trans 0 g	
Carbohydrate 7 g	
Fibre 2 g	7 %
Sugars 2 g	2 %
Sugar alcohols 2 g	
Protein 5 g	
Sodium 25 mg	1 %
Potassium 40 mg	1 %
Calcium 20 mg	2 %
Iron 0.3 mg	2 %

Ingredients : Skimmed milk powder, Sunflower oil, Hazelnuts, Erythritol, Whey protein concentrate, Hazelnut oil, Inulin, Whey protein isolate, Cocoa powder, Soy lecithin, Natural vanilla flavour.

Contains : Milk, Soy.



gluten-free



no sugar added



preservative-free





Repeats EXTRA is for those who balance it all—hiking, deadlines, or family life. Offering a moderate punch of protein and everyday versatility, it keeps you energized with wholesome, ready-to-go snacks that fit your lifestyle.



repeats®
EXTRA

milk cocoa bar
with orange bits

 with whey protein

Per bar (80 g)	
Calories 580	% DV
Fat 30 g	40 %
Saturated 18 g	90 %
+ Trans 0 g	
Carbohydrate 26 g	
Fibre 3 g	11 %
Sugars 9 g	9 %
Sugar alcohols 7 g	
Protein 11 g	
Cholesterol 5 mg	2 %
Sodium 20 mg	1 %
Potassium 125 mg	4 %
Calcium 100 mg	8 %
Iron 1 mg	6 %

Ingredients : Cocoa butter, Freeze-dried orange bits, Whey protein isolate, Whey protein concentrate, Cocoa mass, Whole milk powder, Lactose, Erythritol, Stevia leaf extract, Soy lecithin, Inulin, Natural vanilla flavour.

Contains : Milk, Soy.

May contain : Peanuts, Tree nuts.



no sugar added



gluten-free



repeats®
EXTRA

bitter cocoa bar
with hazelnuts & raisins

 with whey protein

Per bar (80 g)	
Calories 610	% DV
Fat 33 g	44 %
Saturated 18 g	90 %
+ Trans 0 g	
Carbohydrate 26 g	
Fibre 6 g	21 %
Sugars 7 g	7 %
Sugar alcohols 11 g	
Protein 12 g	
Cholesterol 0 mg	0 %
Sodium 20 mg	1 %
Potassium 150 mg	4 %
Calcium 50 mg	4 %
Iron 1.5 mg	8 %

Ingredients : Cocoa butter, Cocoa mass, Whey protein isolate, Whey protein concentrate, Hazelnuts, Lactose, Raisins, Cocoa powder, Erythritol, Stevia leaf extract, Soy lecithin, Inulin, Natural vanilla flavour.

Contains : Milk, Hazelnuts, Soy.

May contain : Peanuts, Tree nuts.



no sugar added



gluten-free



repeats®
EXTRA

white cocoa bar
with whole almonds

 **with whey protein**

Per bar (80 g)	
Calories 680	% DV
Fat 20 g	50 %
Saturated 20 g	100 %
+ Trans 0 g	
Carbohydrate 25 g	
Fibre 1 g	4 %
Sugars 15 g	15 %
Sugar alcohols 7 g	
Protein 12 g	
Cholesterol 5 mg	2 %
Sodium 40 mg	2 %
Potassium 150 mg	4 %
Calcium 150 mg	12 %
Iron 0.2 mg	1 %

Ingredients : Cocoa butter, Almonds, Lactose, Whey protein isolate, Whey protein concentrate, Skim milk powder, Erythritol, Stevia leaf extract, Soy lecithin, Inulin, Natural vanilla flavour.

Contains : Milk, Almonds, Soy.

May contain : Peanuts, Tree nuts.



no sugar added



gluten-free





repeats®
EXTRA

lemon cheesecake flavoured spread

 with whey protein

Per tbsp (20 g)	
Calories 120	% DV
Fat 7 g	9 %
Saturated 1 g	5 %
+ Trans 0 g	
Carbohydrate 8 g	
Fibre 1 g	4 %
Sugars 3 g	3 %
Sugar alcohols 4 g	
Protein 2 g	
Sodium 30 mg	1 %
Potassium 10 mg	0 %
Calcium 75 mg	6 %

Ingredients : Sunflower oil, Skimmed milk powder, Erythritol, Inulin, Freeze-dried lemon powder, Whey protein concentrate, Soy lecithin, Natural vanilla flavour.

Contains : Milk, Soy.



gluten-free



no sugar added



preservative-free

repeats®
EXTRA

cookie dough flavoured walnut spread

 with whey protein

Per tbsp (20 g)	
Calories 130	% DV
Fat 9 g	12 %
Saturated 1 g	5 %
+ Trans 0 g	
Carbohydrate 7 g	
Fibre 1 g	4 %
Sugars 3 g	3 %
Sugar alcohols 3 g	
Protein 2 g	
Sodium 20 mg	1 %
Potassium 75 mg	2 %
Calcium 50 mg	4 %
Iron 0.1 mg	1 %

Ingredients : Sunflower oil, Skimmed milk powder, Erythritol, Walnuts, Inulin, Cookie powder (Tricalcium phosphate, Cookie flavoring, Silica), Whey protein isolate, Natural vanilla flavour, Soy lecithin.

Contains : Milk, Soy.



gluten-free



no sugar added



preservative-free



repeats®
EXTRA

apple cinnamon
energy bites



with pea protein

Per 5 bites (50 g)	
Calories 180	% DV
Fat 4 g	5 %
Saturated 0.5 g	3 %
+ Trans 0 g	
Carbohydrate 29 g	
Fibre 4 g	14 %
Sugars 16 g	16 %
Protein 7 g	
Potassium 200 mg	6 %
Calcium 20 mg	2 %
Iron 0.9 mg	5 %

Ingredients : Puréed dates, Date juice, Dried apples, Strawberry-mulberry spread (strawberry, mulberry, apple juice, lemon salt [lemon juice, salt, citric acid]), Pea protein concentrate, Sunflower seeds, Desiccated coconut, Dried currants, Inulin, Cinnamon.

Contains : Almond, Hazelnut.

May contain : Traces of peanuts, Sesame, Nut shells, Fruit pits.



vegan



no preservatives



gluten-free

repeats®
EXTRA

blueberry
energy bites



with pea protein

Per 5 bites (50 g)	
Calories 210	% DV
Fat 10 g	13 %
Saturated 1 g	5 %
+ Trans 0 g	
Carbohydrate 26 g	
Fibre 3 g	11 %
Sugars 20 g	20 %
Protein 8 g	
Potassium 250 mg	7 %
Calcium 30 mg	2 %
Iron 1.25 mg	7 %

Ingredients : Puréed dates, Date juice, Puréed hazelnuts, Cashew, Pea protein concentrate, Dried currants, Almonds, Desiccated coconut, Dried blueberries, Inulin, Dried plums.

Contains : Almond, Cashew, Hazelnut.

May contain : Traces of peanuts, Sesame, Nut shells, Fruit pits.



vegan



no preservatives



gluten-free



repeats®
EXTRA

cherry & choco
energy bites



with pea protein

Per 5 bites (50 g)	
Calories 200	% DV
Fat 9 g	12 %
Saturated 1 g	5 %
+ Trans 0 g	
Carbohydrate 24 g	
Fibre 3 g	11 %
Sugars 19 g	19 %
Protein 8 g	
Potassium 300 mg	9 %
Calcium 40 mg	3 %
Iron 1.25 mg	7 %

Ingredients : Puréed dates, Date juice, Hazelnut cream, Almonds, Pea protein concentrate, Sour cherry, Pistachios, Chia seeds, Cocoa powder, Inulin, Sour cherry juice concentrate.
Contains : Almond, Hazelnut, Pistachio.
May contain : Traces of peanuts, Sesame, Nut shells, Fruit pits.

repeats®
EXTRA

goji berry
energy bites



with pea protein

Per 5 bites (50 g)	
Calories 210	% DV
Fat 10 g	13 %
Saturated 1.5 g	8 %
+ Trans 0 g	
Carbohydrate 25 g	
Fibre 3 g	11 %
Sugars 18 g	18 %
Protein 8 g	
Potassium 300 mg	9 %
Calcium 50 mg	4 %
Iron 1.5 mg	8 %

Ingredients : Puréed dates, Puréed hazelnuts, Hazelnuts, Powdered goji berries, Pea protein concentrate, Chia seeds, Desiccated coconut, Inulin.
Contains : Chia seeds, Hazelnut.
May contain : Traces of peanuts, Sesame, Nut shells, Fruit pits.



vegan



no preservatives



gluten-free



vegan



no preservatives



gluten-free



Repeats YUM is all about flavor-first snacking. Whether for kids, snack lovers, or anyone craving a delicious yet simple treat, its unique flavors and delightful textures will keep you coming back for more!



repeats®
YUM

espresso flavoured choco squares

Per bar (80 g)	
Calories 460	% DV
Fat 31 g	41 %
Saturated 18 g	90 %
+ Trans 0 g	
Carbohydrate 43 g	
Fibre 1 g	4 %
Sugars 40 g	40 %
Protein 4 g	
Sodium 5 mg	0 %
Potassium 100 mg	3 %
Calcium 10 mg	1 %
Iron 1.25 mg	7 %

Ingredients : Sugar, Cocoa butter, Whole milk powder, Demineralized whey powder, Lactose, Ground Turkish coffee, Polyglycerol polyricinoleate, Soy lecithin, Natural vanilla flavour.

Contains : Milk, Soy.



gluten-free



preservative-free

repeats®
YUM

cookie frosting flavoured cocoa spread

Per tbsp (20 g)	
Calories 70	% DV
Fat 7 g	9 %
Saturated 2.5 g	12 %
+ Trans 0 g	
Carbohydrate 10 g	
Fibre 1 g	4 %
Sugars 9 g	9 %
Sugar alcohols 1 g	
Protein 0.4 g	
Sodium 5 mg	0 %
Potassium 30 mg	1 %
Iron 0.2 mg	1 %

Ingredients : Sugar, Palm oil, Sunflower oil, Mono and diglycerides of fatty acids, Sunflower lecithin, Natural cocoa powder, Demineralized whey powder, Skimmed milk powder, Cocoa mass, Erythritol, Salt, Natural vanilla flavour.

Contains : Milk, Soy.



gluten-free



preservative-free



www.repeats.co

📷 @repeatsofficial

✉ info_na@repeats.co

Repeats snacks are manufactured by

Repeats Gıda A.Ş.

Fatih Mahallesi Ege Caddesi C Blok No: 39/8 Gaziemir İzmir – Türkiye

Repeats Gıda A.Ş. is an FSSC 22000 certified company.

Other certifications it holds are:

ISO 9001, ISO 14001, ISO 45001, ISO 22716:2013:GMP, ISO 45001:2018.