

Method for producing functional energy bars for military personnel nutrition includes preparing raw materials, preparing binding mixture, mixing dry and liquid components, shaping, drying, and packaging. Isomaltulose is used as a slow-release carbohydrate source, peanut butter and soy lecithin as binding base, and mixture contains oat flakes, whey protein isolate, skim milk powder, cocoa powder, dried blueberries, rose root (*Rhodiola rosea*) extract, coenzyme Q10, L-carnitine, and B vitamins.