

PaleoBars



Paleolithic Nutrition in a 21st Century Bar!



THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

PaleoBar is the delicious nutrition bar designed to provide a healthy, high protein snack food for optimizing patients' intake of proteins, fats, carbohydrates, and micronutrients. PaleoBar comes in a choice of four great tasting flavors, chocolate coated, vanilla almond coated, uncoated dairy-free chocolate, and uncoated dairy-free coconut almond!

Vanilla Almond and Chocolate PaleoBar are made with an exceptional quality whey protein. Uncoated Chocolate and Uncoated Coconut Almond are dairy-free and are made with rice protein. Since rice protein is considered to be the least allergenic of all protein sources available, these uncoated bars will be the obvious choice for those patients with whey or soy protein sensitivities.

Please note also that all the PaleoBars are made primarily with two high quality fat sources, almond butter and coconut oil. Almond butter is high in healthy monounsaturated fat and coconut oil is high in lauric acid. Lauric acid has been noted in several studies for its antiviral and antibacterial functions (German JB & Dillard CJ. Saturated fats: what dietary intake? Am J Clin Nutr, Vol. 80, No. 3, pp. 550-9, Sept 2004).

PaleoBar Features - Consider the unique benefits of each bar:

Vanilla Almond PaleoBar

- Whey protein bar featuring glutamine, FOS, and xylitol
- Contains omega fats, coconut oil, and almond butter, all excellent sources of beneficial fats
- Powerful naturally occurring plant antioxidants from green tea, rosemary, and elderberry
- Low in net effective carbohydrates, at only 2 grams per bar

INGREDIENTS: Coating (Maltitol, Cocoa Butter, Nonfat Milk Powder, Whole Milk Powder, Lecithin (An Emulsifier), Natural Vanilla), Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Rice Protein Concentrate, Whey Crisps (Whey Protein Isolate, Rice Flour)), Maltitol Syrup, Almond Butter, Glycerin, Dry Roasted Almonds, Digestion Resistant Fiber (Fibersol 2), Coconut Oil, Fructooligosaccharides, Lecithin, Natural Flavor, Omega 3 Concentrate Complex, Xylitol, Covalent Bonded Glutamine (GlutImmune™), Sea Salt, Green Tea, Elderberry, Rosemary Extract.

Chocolate PaleoBar

- Whey protein bar featuring glutamine, FOS, and xylitol
- Erythritol sweetened coating, resulting in a bar with less of a chance for the laxation effect sometimes associated with polyol sweetened products
- Powerful naturally occurring plant antioxidants from green tea, rosemary, and elderberry
- Contains omega fats, coconut oil, and almond butter, all excellent sources of beneficial fats

INGREDIENTS: Coating (Fructooligosaccharides, Cocoa Butter, Erythritol, Unsweetened Chocolate, Calcium Carbonate, Whey Protein Concentrate, Soy Lecithin (An Emulsifier)), Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Crisps (Whey Protein Isolate, Rice Flour), Rice Protein Concentrate), Maltitol Syrup, Glycerin, Almond Butter, Almonds, Unsweetened Chocolate, Coconut Oil, Fructooligosaccharides, Xylitol, Natural Flavor, Lecithin, Digestion Resistant Fiber (Fibersol 2), Cocoa Powder, Omega 3 Concentrate Complex, Covalent Bonded Glutamine (GlutImmune™), Sea Salt, Green Tea, Elderberry, Rosemary Extract.



Chocolate/Almond PaleoBar-DF (Dairy Free/Uncoated) Anabolic Energy Bar

- Contains creatine (570 mg) and magnesium (100 mg), which may support and enhance anabolic function in patients
- Sweetened with our unique and extremely-low-laxation-effect polyol combination of Erythritol and Maltitol Syrup
- Contains coconut oil and almond butter, both excellent sources of beneficial fats

INGREDIENTS: Maltitol Syrup, Rice Protein Concentrate, Erythritol, Almond Butter, Unsweetened Chocolate, Glycerin, Digestion Resistant Fiber (Fibersol 2), Crisped Rice (Rice Flour, Malt Extract, Rice Bran, Calcium Carbonate), Guar Gum, Coconut Oil, Cocoa Powder, Natural Peanut Butter, Creatine MagnaPower® (Magnesium Creatine Chelate), Natural Flavor, RiceX Stabilized Rice Bran, Peanuts, L-Carnitine, Sea Salt.



PaleoBars contain no:

- Gluten
- Hydrogenated or trans fats
- Simple sugars, i.e. sucrose, fructose, glucose or concentrated fruit sweeteners
- Wheat, corn, or soy protein
- Artificial flavors or sweeteners

NOTE: All PaleoBars are Kosher certified!!

Coconut/Almond PaleoBar-DF (Dairy Free/Uncoated) Crave Control Bar

- Contains alpha lipoic acid (50 mg) and chromium (100 mcg), which may optimize insulin metabolism making it useful for the reduction of carbohydrate cravings
- Sweetened with our unique and extremely-low-laxation-effect polyol combination of Erythritol and Maltitol Syrup
- Contains coconut oil, macadamia nut oil and almond butter, all excellent sources of beneficial fats

INGREDIENTS: Maltitol Syrup, Rice Protein Concentrate, Coconut, Almond Butter, Erythritol, Glycerin, Digestion Resistant Fiber (Fibersol 2), Guar Gum, Crisped Rice (Rice Flour, Malt Extract, Rice Bran, Calcium Carbonate), MacNut™ Oil (Macadamia Nut Oil), Natural Flavor, Coconut Oil, RiceX Stabilized Rice Bran, Sea Salt, Alpha Lipoic Acid, Chromium Niacin Glycine Chelate.

What About the Carbohydrate Content?

The sweeteners

The sweeteners used in PaleoBars include the polyols, maltitol, erythritol, and xylitol. Note the following information pertaining to the characteristics of these sweeteners. (Unless otherwise noted, this information is taken from *Alternative Sweeteners*, Third Edition, Revised and Expanded (O'Brien Nabors L ed., Marcel Dekker, Inc. New York, 2001):

How do these sweeteners taste?

Maltitol has 85-95% of the sweetness of sucrose, making it sweeter than all other polyols except xylitol which has a taste remarkably similar to sucrose. Erythritol has 65% of the sweetness of sucrose and is also similar in taste. Xylitol is the sweetest of the three, tasting about 20% sweeter than sucrose.

Do any of these sweeteners contribute to dental caries?

When sugars are metabolized by microorganisms in the mouth, they form acids that erode tooth enamel and lead to cavities. Maltitol, erythritol, and xylitol are not metabolized by oral bacteria and therefore do not cause acid production. Foods that do not cause a drop in pH lower than 5.7 in 30 minutes are certified as safe for teeth. None of these sugars drop the oral pH below 5.7. Therefore, all are considered to be noncariogenic (i.e. they do not cause cavities). Furthermore, research suggests that xylitol is not only noncariogenic but it may also actively prevent tooth decay.*

Do any of these sweeteners have a laxative effect?

Erythritol has almost zero laxation effect. Maltitol syrup has a laxation threshold of 100 grams per serving. Xylitol has a laxation threshold of 50 grams per serving. Each bar contains approximately 10 grams total polyols.

Are these sugars safe for diabetics?

While it is important that diabetics consult their physician before using any sweetener, available research demonstrates that maltitol, erythritol and xylitol all have minimal effects on blood sugar and insulin. Studies show that maltitol does not produce marked elevations in blood sugar. Erythritol affects neither blood glucose nor insulin. In the case of xylitol, increases in blood sugar levels have not been demonstrated and plasma levels of insulin only moderately rise if at all, depending on the study.

Do these sugars have any other health benefits?

Maltitol has prebiotic and dietary fiber characteristics that promote the growth of healthy gut flora (Oku T et al. *Metabolic fate of ingested maltitol in man*, J Nutr Sci Vitaminol (Tokyo), 1991, Oct;37(5):529-44). Xylitol may reduce acute otitis media occurrence because it reduces the growth of *Streptococcus pneumoniae*.*

All PaleoBars are low in "effective carbohydrate." What does this mean?

Effective carbohydrate content refers to the content of any sugar, disaccharide or starch composed of glucose, fructose, or galactose. Glucose causes a significant insulin response, while fructose and galactose cause a minimal one. Furthermore, excessive fructose consumption increases the risk of developing insulin resistance. PaleoBars are free of fructose and contain, instead, polyols that occur naturally in fruits and vegetables and have a caloric value of 2.1 Kcal/g.

Is there a concern with fructose, the sweetener commonly used in health bars?

While fructose in fruits may be acceptable, fructose added to foods may have undesirable health effects. Animal studies show that fructose can accelerate aging and increase the need for vitamin E and lipoic acid. Human research suggests that excessive fructose consumption may be one of the causes behind the insulin resistance and obesity epidemic in America. For optimal health, limit your fructose consumption to natural sources such as fruits (Elliott SS et al. *Fructose, weight gain, and the insulin resistance syndrome*, Am J Clin Nutr, 2002, Nov; 76(5):911-22).

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.