

PaleoBars™



Paleolithic Nutrition in a 21st Century Bar!

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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 five great tasting flavors: chocolate coated, vanilla almond coated, uncoated dairy-free chocolate/almond, uncoated dairy-free coconut/almond, and mixed berry coated.

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, Milk Fat, Sodium Caseinate, Lecithin (An Emulsifier), Natural Flavor, Vanillin, Tocopherols), Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Rice Protein Concentrate, Whey Crisps (Whey Protein Isolate, Whey Protein Concentrate, Rice Flour, Calcium Carbonate)), Maltitol Syrup, Almond Butter, Glycerine, Almonds, Digestion Resistant Fiber (Fibersol 2), Coconut Oil, Fructooligosaccharides, Lecithin, Natural Flavor, Meg-3® Omega 3 Powder (refined fish oil (anchovy, sardine), fish gelatin (tilapia)), Xylitol, Sea Salt, L-Glutamine.

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: Sugar Free Dark Chocolate Coating (Maltitol, Unsweetened Chocolate, Cocoa Butter, Butter Oil, Lecithin (An Emulsifier), Vanilla), Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Crisps (Whey Protein Isolate, Whey Protein Concentrate, Rice Flour, Calcium Carbonate), Rice Protein Concentrate), Maltitol Syrup, Glycerine, Almond Butter, Almonds, Unsweetened Chocolate, Fructooligosaccharides, Xylitol, Natural Flavor, Lecithin, Digestion Resistant Fiber (Fibersol 2), Cocoa Butter, Cocoa Powder (processed with alkali), Meg-3® Omega 3 Powder (refined fish oil (anchovy, sardine), fish gelatin (tilapia)), L-Glutamine, Sea Salt, Coconut Oil.

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, Glycerine, Digestion Resistant Fiber (Fibersol 2), Crisped Rice (Rice Flour, Rice Bran, Rosemary Extract), Gum Arabic, Coconut Oil, Cocoa Powder (processed with alkali), Natural Peanut Butter, Creatine Magnapower® Magnesium Creatine Chelate, Natural Flavor, Stabilized Rice Bran, Peanuts, L-Carnitine, Sea Salt.

PaleoBars contain no:

- Hydrogenated or trans fats
- Simple sugars, i.e. sucrose, fructose, glucose or concentrated fruit sweeteners
- Wheat, corn, or soy protein
- Artificial 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, Glycerine, Digestion Resistant Fiber (Fibersol 2), Gum Arabic, Crisped Rice (Rice Flour, Rice Bran, Rosemary Extract), Macadamia Nut Oil, Natural Flavor, Coconut Oil, Stabilized Rice Bran, Sea Salt, Alpha Lipoic Acid, Chromium Niacin Glycine Chelate.

Mixed Berry PaleoBar

- Contains a potent mixture of freeze-dried extracts of strawberry, blueberry, white tea and rosemary. These extracts possess an incredible antioxidant value equal to 6,000 ORAC units.
- Blueberry and Strawberry extracts contain a unique class of flavonoids called anthocyanins. These compounds possess anti-inflammatory properties beneficial for collagen and the nervous system. They also help protect blood vessels from oxidative damage.
- Contains coconut oil and almond butter, both excellent sources of beneficial fats.

INGREDIENTS: Coating (Maltitol, Cocoa Butter, Milk Fat, Sodium Caseinate, Lecithin (An Emulsifier), Natural Flavor, Vanillin- an artificial flavor, Tocopherols), Maltitol Syrup, Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Rice Protein Concentrate, Whey Crisps (whey protein concentrate, corn starch)), Glycerine, Almond Butter, Strawberry Extract, Coconut Oil, Natural Flavor, Digestion Resistant Fiber (Fibersol 2), Blueberries, Strawberries, Sea Salt, Citric Acid, White Tea Extract, Apple Extract, Rosemary Extract.

PaleoBar Frequently Asked Questions

What sweeteners are used in PaleoBars?

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).

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).

To contact Designs for Health, please call us at (800) 847-8302, or visit us on the web at www.designsforhealth.com.