

# Cocoa Crisp StandardBar<sup>®</sup>

9600

Please Copy for Your Patients

## Cocoa Crisp StandardBars Offer High-Quality Protein and Carbohydrate-Controlled Ingredients for Health-Conscious People

According to the National Institutes of Health (NIH), nearly two-thirds of adults and an alarming number of children in the United States are overweight. The epidemic increase in weight in the United States stems from a combination of poor diet, lack of exercise, and huge portions. While there are a number of reasonable weight-reduction diets available, many people who manage to lose weight fail to keep it off. Many gain back all of the weight they lost and then some. Diets can help take off unwanted pounds quickly, but only lifestyle changes can keep weight in an acceptable range over the long term. If the successful dieter returns to the habits that put on the weight in the first place, the pounds will return. A healthy diet means consuming less “empty” calories, foods that contain lots of sugar or refined flours, but few nutrients. This means eating smart. A healthy diet includes foods from all the food groups that offer quality nutrients while providing needed energy. The words *balance* and *natural* should be used to describe any healthy diet. The human body is a complex and intricate machine that requires good nutrition to function in full health. The four basic macronutrients, or building blocks, of a healthy diet are water, carbohydrates, proteins, and fats. Many other micronutrients are also essential for maintaining good health, including vitamins, minerals, and trace minerals. The healthiest forms of these nutrients come from nature in the form of whole foods. Eating natural foods in the proper balance provides the body with the fuel it requires to operate at peak efficiency. The balanced ingredients in our Cocoa Crisp StandardBar can be incorporated into any healthy diet and regular exercise program to help maintain healthy weight and promote overall well-being. †

## How Cocoa Crisp StandardBars Keep You Healthy

### Promote weight management, strengthen immunity, and maintain a healthy heart

Protein helps the body repair and rebuild, and it prevents muscle deterioration. Egg white and whey and rice protein contain a particularly nutritious composition of essential amino acids and antioxidants that promote whole body and muscle protein synthesis. They also help maintain healthy blood pressure and enhance immune system function. Nutrients from almonds and grape seed oil, flavonoids from cocoa, and stanols from soybean lecithin exert strong antioxidant activity, encourage healthy cholesterol levels in individuals with normal cholesterol levels, and help protect the heart from oxidative stress. †



**Introduced in:**

2004

**Content:**

Eighteen 1.75 oz (50 g) Bars

### Supplement Facts:

Serving Size: 1 Bar  
Servings per Container: 18

		%DV
Calories	200	
Calories from Fat	50	
Total Fat	6 g	9%*
Saturated Fat	0.8 g	4%*
Cholesterol	18 mg	6%
Total Carbohydrate	20 g	7%*
Dietary Fiber	1.5 g	6%*
Sugars	2 g	
Protein	17 g	34%*
Vitamin E	2 IU	6%
Calcium	100 mg	10%
Iron	1 mg	6%

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

### NET CARB COUNT

**5** Total Carbs: 20  
Low-Impact Carbs: 15  
**NET CARB COUNT: 5**

This cocoa crisp bar has a net carbohydrate count of 5 g (sugar/starch). Only these 5 g should be counted toward your daily carbohydrate intake.

The remaining 15 g of low-impact carbohydrates come from glycerin, maltitol, and fiber—all which have a negligible impact on blood sugar levels.

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

# Cocoa Crisp StandardBar®

## What Makes Cocoa Crisp StandardBars Unique

### Unique Product Attributes

This is a vegetarian product (lacto-ovo)

Ingredients are derived from whole-food sources

- Egg and almond butter contribute iron and protein
- Whey offers complete protein and calcium
- Grape seed oil contains vitamin E and is lower in saturated fats than many other oils

Provides a healthy balance of carbohydrates, proteins, and fats

- Comprised of 17 grams of protein, providing energy without excess sugar or refined flour
- Contains a net carbohydrate count of 5 grams
- Provides carbohydrates which are of the beneficial complex form, as opposed to simple sugars, to encourage healthy blood-sugar metabolism
- Carries a low glycemic index
- Low in saturated fat and cholesterol
- Offers a convenient and balanced supplement snack without artificial preservatives, colors, or flavors

### Unique Processing

Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

**Ingredients:** Protein blend (whey (dairy) protein concentrate, egg white, and rice protein), maltitol syrup, almond butter, glycerin, brown rice syrup, cocoa powder, whey crisps (whey (dairy) protein and rice flour), natural flavors, almonds, grape (seed) oil, and soybean lecithin oil.

**Sold to health care professionals.**

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for the Cocoa Crisp StandardBar®.

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