StandardBar® – Cocoa Cherry

A High-Protein, Carbohydrate-Controlled Health Bar for Those on the Go

The National Institutes of Health (NIH) quoted in a press release some significant statistics from the extensive Framingham Heart Study conducted by the National Heart, Lung, and Blood Institute (NHLBI). The quotation revealed that obesity is reaching epidemic proportions in the United States. The release stated that an estimated 61 percent of American adults, ages 20 to 74, are either overweight or obese. And our children are following suit. How did we get so out of control? Doctors, researchers, and scientists agree that our hunger for foods that taste good and are convenient, coupled with technological advances that invite us to sit more and move less, are the two greatest contributing factors. What does that mean exactly? It means that when given a choice, we eat too many calories and carbohydrates for the energy we expend, resulting in weight gain and its potential health risks. We don’t often incorporate foods that will maintain a healthy balance of proteins, carbohydrates, sugars, and starches. Our shopping carts usually contain a high percentage of refined foods and lots of sugar but comparatively low percentages of important proteins and other nutrients. Health and nutrition experts stress wiser food choices, smaller portions, and increased exercise to help us maintain a healthy weight and support good health. Our snacks as well as our main meals should contain a healthy balance of the four basic nutrients: water, carbohydrates, proteins, and fats.

How Cocoa Cherry StandardBars Keep You Healthy

Supports a healthy diet and promotes weight management

The ingredients found in Cocoa Cherry StandardBars provide a high protein, carbohydrate-controlled supplement for your diet.

Protein is responsible for growth and development and provides energy for the body. It is essential for the production of hormones, antibodies, enzymes, and tissues. Protein also helps maintain the delicate acid–alkaline balance of the body. The protein blend in the Cocoa Cherry StandardBar from whey concentrate, calcium caseinate, and whole egg powder provide complete proteins, meaning they contain all nine of the essential amino acids.

Fats are comprised of building blocks called fatty acids that come in three different types: saturated, monounsaturated, and polyunsaturated fatty acids. Despite public perception, not all saturated fatty acids are necessarily bad. They are used by the liver to make cholesterol that assists in the movement and absorption of all fatty acids. The Cocoa Cherry StandardBar contains almond butter and grape seed oil that contribute polyunsaturated fatty acids. Vitamin A, fiber, and the oxidation-fighting flavonoid quercetin from cherries and calcium from whey offer nutrients to help balance this nutritious health bar.

Please copy for your patients.

† This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label. V Vegetarian (Lacto-ovo)

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
How Cocoa Cherry StandardBars Keep You Healthy (continued)

Many people have found that controlling total carbohydrate intake is an effective way to attain and maintain a desirable weight when used in conjunction with exercise and an otherwise balanced healthy diet. The Cocoa Cherry StandardBar can be an important adjunct to this type of weight management program.1

What Makes Cocoa Cherry StandardBars Unique

Product Attributes

Ingredients are derived from whole food sources

- Egg contributes iron and protein
- Whey offers complete protein and calcium
- Cherries provide vitamin A and fiber, plus the antioxidant quercetin
- Grape-seed oil contains vitamin E and is lower in saturated fats than many other oils7

Provides a healthy balance of carbohydrates, proteins, and fats

- Comprised of 15 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 glyceric index
- Low in saturated fat
- Offers a convenient and balanced supplement snack without artificial preservatives, colors, or flavors7

Manufacturing and Quality-Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually 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

1. Studies on radiolarians generally use large class sizes and these studies, some of which are obliteration, 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 Cherry StandardBar®.


9. Know Your Fats: The Complete Primer for Understanding
