

# Cocommune™ Bar

Coconut-filled fiber bar with Larch Arabinogalactan

**Cocommune™ Bar** is a delicious and nutritious, functional food bar. It's made up of a dark chocolate coating and creamy coconut filling that rivals the flavor of a popular candy bar. It is sweetened primarily with allulose, along with erythritol and stevia, all of which have minimal effects on blood sugar and do not result in gastrointestinal (GI) upset. Each bar has just 3 g net carbs with 2 g total sugars, making this an ideal chocolatey snack for anyone watching their carbohydrate intake. It also features natural fats from coconut and cocoa butter, along with 7 g of prebiotic fiber, which may help promote healthy immune function by supporting a healthy GI tract.

## Larch Arabinogalactan and Inulin

Larch arabinogalactan and inulin contain a unique type of carbohydrate that is not digested by enzymes in saliva or in the small intestine, so it arrives intact in the large intestine, where it serves as a food source for the gut flora — beneficial microorganisms that populate the colon. This kind of fiber is called prebiotic fiber because it feeds the probiotic bacteria in the gut. Bacterial breakdown of prebiotic fiber produces special molecules that are believed to play a role in gut health. This is important because gut health and immune function are closely linked together. (The gut is a key player in the immune system, as it is one of the first lines of defense in protecting against the entry of harmful molecules into the bloodstream.)

Soluble fibers help to slow the emptying of the stomach after a meal; this may contribute to a feeling of fullness and potentially aid in weight management. This delayed stomach emptying may also support healthy glucose metabolism by slowing the absorption of glucose into the bloodstream. Soluble fiber may also support regularity by drawing water into the bowel, which increases stool bulk and softness and may increase stool frequency.

## A Note About Allulose

Allulose, the primary sweetener in Cocommune™ Bar, is a rare sugar found naturally in figs, jackfruit and maple syrup. Allulose is quite unique. Humans lack the enzymes to digest allulose, so it's largely excreted from the body, but without the unpleasant GI effects associated with certain sugar alcohols. The U.S. Food and Drug Administration (FDA) recognizes that allulose has a chemical structure similar to other sugars, but because it is not metabolized by the body in the same way as most sugars, it does not contribute the same number of calories. In fact, it has just one-tenth the calories of sucrose (sugar) — only 0.4 calories per gram! Because of its unique traits, the FDA requires allulose to be listed as part of the "Total Carbohydrates" on food labels, but not as a sugar, so it can be subtracted from the "Net Carbohydrates" when considering its impact to the user. Allulose is an ideal sweetener for those on ketogenic diets or anyone looking to minimize sugar intake, as it has no impact on blood glucose or insulin levels when consumed in reasonable amounts.

## Cocommune™ Bar Does Not Contain:

- Hydrogenated or trans fats
- Simple sugars (sucrose, fructose, glucose or concentrated fruit sweeteners)
- Wheat or soy
- Artificial sweeteners

## Highlights of Cocommune™ Bar:

- Only 3 g net carbs per bar
- Low glycemic — sweetened primarily with allulose
- Prebiotic fibers promote healthy gut flora
- Natural fats from cocoa butter and coconut
- Helps promote regularity
- Does not contain gluten, soy, fructose, maltitol or artificial sweeteners
- Available in two delicious flavor options: Chocolate Coconut and Cherry Coconut



Consult with your health-care practitioner about your specific circumstances and any questions you may have.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).