

# C.C.Meal™ Bar

*Dark chocolate/cherry flavored dairy-free, antioxidant-rich nutrition bar*

C.C.Meal™ is a great tasting, low-glycemic food bar featuring a balanced combination of protein, carbohydrates, fats and fiber for sustained energy and hunger control. C.C.Meal™ offers a delicious combination of dark chocolate and tart cherries to provide a double-dose of antioxidant power. It's a protein- and fiber-rich way to satisfy a chocolate craving in a healthy way!

## Highlights

- Great option for a small meal, between meal snack, or as pre- or post-workout fuel
- Dairy-free
- Nut-free formula†; made with sunflower seed butter rather than nut butters
- 12 g protein and 8 g fiber per bar
- Only 7 g net carbs
- Contains only low-glycemic sweeteners (tapioca & maltitol syrups, erythritol, stevia)
- Contains coconut oil, a rich source of medium-chain triglycerides (MCTs)
- Free of fructose, sucrose, and rice syrup solids
- Vegetarian-friendly—protein sourced from brown rice

†Made in a facility that uses nuts

## Benefits of Tart Cherries (*Prunus cerasus*) – tiny fruits with impressive characteristics

### Antioxidant and phytochemical power:

- Tart cherries rank among the top “superfoods” for their antioxidant content
- Contain anthocyanins, compounds that have antioxidant properties; these also are responsible for tart cherries’ rich, dark red pigment
- Higher in anthocyanins than other fruits, including sweet cherries
- Contain other beneficial phytochemicals such as quercetin, kaempferol, epicatechin, catechin, apigenin, luteolin, and myricetin—potent antioxidants found in foods recognized for supporting health, including red wine, onions, grapes, tomatoes, broccoli, grapefruit, parsley, dark cocoa and green tea

**C.C.Meal™ features CherryPURE®, an all-natural cherry powder.**

### Highlights of CherryPURE®:

- Made with high-quality Montmorency variety tart cherries, grown in the Great Lakes region of northern Michigan
- Freeze-dried; unique production method maintains high levels of nutrients found in tart cherries
- Contains no additives
- GMO-free



Consult with your healthcare 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).