

Chocolate Mint Fiber Bar

High-fiber, low-glycemic, dairy-free functional food bar

Chocolate Mint Fiber Bar is an incredibly delicious, high-fiber, dairy-free functional food bar whose taste rivals that of a peppermint patty! Its rich, dark chocolate outer coating surrounds a creamy, naturally flavored peppermint filling that contains high quality, health-promoting ingredients such as healthy fats from cocoa butter and coconut, and multiple types of fiber.

Chocolate Mint Fiber Bar is an ideal snack between meals, on the go, or to satisfy a craving for something sweet or chocolatey without having a significant impact on blood sugar.

Each bar provides a generous 11 grams of soluble fiber. Soluble fiber carries this name because it disperses or dissolves in water. This type of fiber attracts water, and when mixed with water in the GI tract it forms a gel-like substance which promotes regularity. Soluble fiber is also helpful for supporting healthy blood lipid levels because the gel-like substance it creates binds with cholesterol and bile acids (which are made from cholesterol) in the small intestine and helps to eliminate them from the body.

Fiber helps to slow the emptying of the stomach and contributes to a feeling of fullness and satiety, which may aid in appetite regulation and weight management. This slowing of this stage of the digestive process may also contribute to maintaining healthy blood sugar levels because the delay in emptying of the stomach means that carbohydrates are broken down more slowly and may enter the bloodstream more gradually. Fiber also helps to draw water into the colon, which increases the bulk and softness of the stool, potentially facilitating easier and more regular bowel movements.

One of the fibers in Chocolate Mint Fiber Bar is inulin. Inulin is a prebiotic compound, meaning that it serves as a “food source” for the friendly, health-promoting bacteria that reside in the large intestine. By nourishing the beneficial organisms that make up the “gut flora,” this in turn may help support normal gastrointestinal function.

Chocolate Mint Fiber Bar is made with healthy fats from coconut and coconut butter. Coconut is rich in medium-chain triglycerides (MCTs), which are digested more efficiently and enter the bloodstream more rapidly to be used for fuel compared to other kinds of fat.

A Note About Allulose

The primary sweetener in Chocolate Mint Fiber Bar is allulose, a rare sugar found naturally in figs, raisins, jackfruit and maple syrup. Allulose has some unique characteristics which put it in a class all by itself. 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 FDA recognizes that allulose has a chemical structure similar to other sugars, yet since 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 1/10th the calories of sucrose (sugar)—only 0.4 calories/gram! Because of its unique traits, the FDA requires allulose to be listed as part of the Total Carbohydrate on food labels, but not as a sugar, and thus it can be subtracted from the “Net Carbohydrates” when considering its impact to the consumer. 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.

Highlights:

- Low glycemic: only 2 g net carbs per bar
- Does not contain sugar (sucrose), fructose or rice syrup solids
- Has a minimal impact on blood glucose – sweetened with allulose, erythritol, and stevia
- High in fiber: 11 g fiber per bar
- Provides MCTs from coconut
- Does not contain dairy, gluten or soy protein



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