

ChocoMint DF™

Nutritious & delicious dairy-free functional food bar

ChocoMint DF™ is a delicious, chocolate-coated, dairy-free functional food bar offering 10 grams of plant-sourced protein along with healthy fats and 8 grams of fiber per bar. It is an excellent between-meal snack and the perfect choice for pre/post workout nourishment. It's also ideal for vegetarians and individuals with dairy allergies or sensitivities who cannot consume whey or casein. ChocoMint DF™ has a wonderfully refreshing mint filling surrounded by a rich, dark chocolate coating, with the taste being reminiscent of the ever-popular Thin Mint®!

Low-allergen Plant Proteins

This bar contains a blend of pea and hemp proteins, free of dairy and soy. Combined together, they have an impressive amino acid profile that rivals the completeness of animal proteins and may help to support lean muscle mass.*

Soluble Fiber and Prebiotic Fiber

The fiber in ChocoMint DF™ helps promote satiety (a feeling of fullness) by slowing the emptying of the stomach, which may aid in appetite regulation. Soluble fiber also supports regularity by drawing water into the colon, which helps increase stool bulk and may potentially increase stool frequency. The inulin and tapioca fiber in this bar are “prebiotic” fibers, meaning that they serve as a food source for probiotics—the friendly, health-promoting bacteria that reside in the large intestine (also called the “gut flora”).

Healthy Sweeteners

ChocoMint DF™ is sweetened with the natural herb stevia and small amounts of erythritol, glycerin and tapioca syrup, but the predominant sweetener is allulose. These sweetening agents have a minimal impact on blood sugar and insulin and should not result in the GI upset some people experience when consuming commonly used sugar alcohols.

A Note About Allulose

Allulose is 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 anyone looking to minimize sugar intake, as it has no impact on blood glucose or insulin levels when consumed in reasonable amounts.

Highlights:

- 10 grams of low-allergen pea and hemp proteins
- Low glycemic—just 7 g net carbs per bar
- Prebiotic fibers
- Healthy fats from almond butter and cocoa butter
- Free of gluten, dairy, fructose, soy, and maltitol



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

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

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