

# KTO-BAR™

*Delicious keto-friendly coconut chocolate functional food bar*

KTO-BAR™ is a convenient, nutritious, functional food bar specifically formulated for ketogenic and low carb diets. Each delicious coconut chocolate flavored bar provides 15 grams of fat and 10 grams of protein with a generous 6 grams of fiber and only 2 net carbs, making it an ideal snack or source of energy on the go for those following keto diets or anyone reducing their sugar intake and looking for a go-to nutritional bar with ingredients they can trust.

KTO-BAR™ features healthy fats from coconut, cocoa butter, sunflower seed butter and almond butter. The protein is sourced from pumpkin seed and hemp proteins, making this product suitable for omnivores as well as vegetarians, who are often without nutritious protein and fat sources low in sugar. Additionally, KTO-BAR™ also provides a small amount of potassium, a critical electrolyte mineral sometimes in short supply on ketogenic diets.

## **Why Keto?**

Very low-carb, high-fat ketogenic diets have experienced a resurgence as a growing body of research supports their use for a number of different applications, including supporting athletic performance and healthy cognitive function. As is true for any dietary approach, ideally the majority of food consumed on a ketogenic diet would be prepared from whole, unprocessed ingredients. However, hectic schedules and on-the-go lifestyles mean that many people are seeking convenient options for healthy snacks that provide nutrition while helping them adhere to a ketogenic or low-sugar lifestyle. KTO-BAR™ has ideal amounts of protein and fat for this purpose and can be a great way to satisfy a craving for something sweet or chocolatey while remaining strictly ketogenic. KTO-BAR™ is not intended as a meal replacement but may help stave off hunger between meals and be a great item to keep on hand for busy days when a suitable keto-friendly option is not readily available. It may also be used as a post-workout nutrition source.

## **A Note About Allulose**

One of the sweeteners in KTO-BAR™ is allulose, a unique sweetener found naturally in figs, raisins and maple syrup that contains only 1/10th the calories of sugar (sucrose). Humans lack the enzymes to digest allulose, so it is almost entirely excreted, but without the unpleasant GI effects some people experience from certain sugar alcohols. Allulose does not impact blood sugar or insulin levels when consumed in reasonable amounts, so it's an ideal sweetener for people following ketogenic or reduced carb diets.

### **Benefits of Allulose:**

- Glycemic index of zero
- 90% fewer calories than sugar
- Ideal for ketogenic or low carb diets
- No unpleasant GI effects, as are common with sugar alcohols
- No cooling effect in the mouth as occurs from various sugar alcohols
- Ideal for those who prefer to avoid artificial sweeteners

Because it is technically a sugar (and bears the suffix “-ose”), the FDA requires allulose to be listed as part of the Total Carbohydrate on food labels, but not as a sugar, and thus does not contribute to the “Net Carbohydrates” when considering its dietary impact. Allulose is not metabolized by the body and has a glycemic impact of zero. It's important to understand this in order to read nutrition labels in this context and know that products containing allulose fit perfectly into a healthy keto or low-sugar lifestyle.



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](http://WWW.DESIGNSFORHEALTH.COM).**