



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Healthcare

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## Cocoa Cherry StandardBar®

### Cocoa Cherry StandardBar—a High-Protein, Carbohydrate-Controlled Health Bar for Those on the Go

The National Institutes of Health (NIH) quoted in a press release some significant statistics from the extensive Framingham Heart Study conducted by the National Heart, Lung, and Blood Institute (NHLBI). The quotation revealed that obesity is reaching epidemic proportions in the United States. The release stated that an estimated 61 percent of American adults, ages 20 to 74, are either overweight or obese. And our children are following suit. How did we get so out of control? Doctors, researchers, and scientists agree that our hunger for foods that taste good and are convenient, coupled with technological advances that invite us to sit more and move less, are the two greatest contributing factors. What does that mean exactly? It means that when given a choice, we eat too many calories and carbohydrates for the energy we expend, resulting in weight gain and its potential health risks. We don't often incorporate foods that will maintain a healthy balance of proteins, carbohydrates, sugars, and starches. Our shopping carts usually contain a high percentage of refined foods and lots of sugar but comparatively low percentages of important proteins and other nutrients. Health and nutrition experts stress wiser food choices, smaller portions, and increased exercise to help us maintain a healthy weight and support good health. Our snacks as well as our main meals should contain a healthy balance of the four basic nutrients—water, carbohydrates, proteins, and fats.

### How Cocoa Cherry StandardBars Keep You Healthy

#### Supports a healthy diet and promotes weight management

The ingredients found in Cocoa Cherry StandardBars provide a high protein, carbohydrate-controlled supplement for your diet.

Protein is responsible for growth and development and provides energy for the body. It is essential for the production of hormones, antibodies, enzymes, and tissues. Protein also helps maintain the delicate acid-alkaline balance of the body. The protein blend in the Cocoa Cherry StandardBar from whey concentrate, calcium caseinate, and whole egg powder provide complete proteins, meaning they contain all nine of the essential amino acids.

Fats are comprised of building blocks called fatty acids that come in three different types—saturated, monounsaturated, and polyunsaturated fatty acids. Despite public perception, not all saturated fatty acids are necessarily bad. They are used by the liver to make cholesterol that assists in the movement and absorption of all fatty acids. The Cocoa Cherry StandardBar contains almond butter and grape seed oil that contribute polyunsaturated fatty acids. Vitamin A, fiber, and the oxidation-fighting flavonoid quercetin from cherries and calcium from whey offer nutrients to help balance this nutritious health bar.

Many people have found that controlling total carbohydrate intake is an effective way to attain and maintain a desirable weight when used in conjunction with exercise and an otherwise balanced healthy diet. The Cocoa Cherry StandardBar can be an important adjunct to this type of weight management program.†

Please copy for your patients



Introduced in: 2003

Content:

Eighteen 1.75 oz. (50 g) Bars

Vegetarian Product (Lacto-Ovo)

#### Supplement Facts:

Serving Size: 1 bar

Servings per Container: 18

		%DV
Calories	200	
Calories from Fat	60	
Total Fat	7 g	11%*
Saturated Fat	1 g	5%*
Cholesterol	80 mg	27%
Total Carbohydrate	20 g	7%*
Dietary Fiber	1 g	4%*
Sugars	2 g	†
Protein	15 g	30%*
Calcium	100 mg	10%
Sodium	200 mg	8%

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily value not established.

Ingredients: Protein blend (whey [milk] protein concentrate, calcium caseinate, whole egg powder), maltitol syrup, almond butter, glycerin, brown rice syrup, whey crisps (whey [milk] protein and rice flour), natural chocolate flavoring, cherries, grape (seed) oil, cocoa powder, soybean lecithin, vanilla extract, and natural cherry flavor.

Sold through health care professionals.

#### NET CARB COUNT

5

Total Carbs: 20

Low-Impact Carbs: 15

NET CARB COUNT: 5

This cocoa cherry bar has a net carbohydrate count of 5 g (sugar/starch). Only these 5 g should be counted toward your daily carbohydrate intake.

The remaining 15 g of low-impact carbohydrates come from glycerin, maltitol, and fiber—all which have a negligible impact on blood sugar levels.

#### Whole Food Philosophy

Our founder, Dr. Royal Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.



800-558-8740 | [www.standardprocess.com](http://www.standardprocess.com)

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## Cocoa Cherry StandardBar®

### What Makes Cocoa Cherry StandardBars Unique

#### Product Attributes

#### Ingredients are derived from whole-food sources

- ▶ Egg contributes iron and protein
- ▶ Whey offers complete protein and calcium
- ▶ Cherries provide vitamin A and fiber, plus the antioxidant quercetin
- ▶ Grape seed oil contains vitamin E and is lower in saturated fats than many other oils†

#### Provides a healthy balance of carbohydrates, proteins, and fats

- ▶ Comprised of 15 grams of protein, providing energy without excess sugar or refined flour
- ▶ Contains a net carbohydrate count of 5 grams
- ▶ Provides carbohydrates which are of the beneficial complex form, as opposed to simple sugars, to encourage healthy blood-sugar metabolism
- ▶ Carries a low glycemic index
- ▶ Low in saturated fat
- ▶ Offers a convenient and balanced supplement snack without artificial preservatives, colors, or flavors†

#### Manufacturing and Quality Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- ▶ Ensures consistent quality and safety

#### Vitamin and mineral analyses validate product content and specifications

- ▶ Assures high-quality essential nutrients are delivered

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about which food ingredients. See the supplement facts for the Cocoa Cherry StandardBar®.

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