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KTO-BAR™ is a convenient, nutritious, functional food bar specifically formulated for ketogenic and low carb diets. Each delicious coconut chocolate flavored bar (55 g) 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 vegetarians, who are often without nutritious protein and fat sources low in sugar. Additionally, each KTO-BAR™ provides 180 mg of potassium, a critical electrolyte mineral sometimes in short supply on ketogenic diets.

Why Keto?

Ketogenic diets and similar low-carbohydrate, high-fat nutritional strategies have experienced a resurgence as a rapidly expanding body of research supports their use for a number of clinical applications. The very low carbohydrate ketogenic diet (KD) was originally developed as a treatment for refractory epilepsy¹, but it is now established that this way of eating is effective for treating type 2 diabetes and metabolic syndrome²⁻⁷, polycystic ovarian syndrome (PCOS),⁸ and may also be beneficial for individuals with non-alcoholic fatty liver disease (NAFLD),^{9,10} as well as those living with migraines,¹¹⁻¹³ gout,^{14,15} acid reflux/GERD,¹⁶⁻¹⁸ Parkinson's disease,^{19,20} and Alzheimer's disease or its precursor, mild cognitive impairment.^{21,22} A growing number of athletes are also adopting this very low carb way of eating to support performance in endurance sports.²³⁻²⁵

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 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 available.

A Note About Allulose

This product is sweetened primarily with allulose, with small amounts of stevia and erythritol. Allulose is a monosaccharide epimer of fructose, formally called D-psicose. It is found naturally in jackfruit, figs, raisins and maple syrup. Humans lack the enzymes to digest allulose, so it is largely excreted, but without the unpleasant GI effects associated with certain sugar alcohols. It is excreted primarily in the urine and has very low colonic microbial fermentability. Allulose is an ideal sweetener for those on ketogenic or reduced carb diets, as it has no impact on blood glucose or insulin levels when consumed in reasonable amounts.

The FDA requires allulose to be listed as part of the Total Carbohydrate on food labels, but not a sugar, and thus does not contribute to the "Net Carbohydrates" when considering its dietary impact. This is misleading, however, because allulose is not metabolized by the body.^{26,27} As a result, it has just 1/10th the calories of sucrose—only 0.4 calories/gram. The glycemic impact of allulose is zero and research indicates that allulose contributes to a lowering of postprandial glucose and insulin with an increase in fat oxidation in humans.²⁸⁻³¹ The carbohydrate and calorie counts shown on labels of products containing allulose must be understood in this context. Patients should be made aware of this issue so that they may understand how to properly read such labels and use the products with confidence that they fit well into their healthy keto or low-sugar lifestyle.

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 polyols
- No cooling effect in the mouth as occurs from various polyols
- No unpleasant aftertaste
- Ideal for those who prefer to avoid artificial sweetener

KTO-BAR™

Nutrition Facts	Amount/serving		% DV	Amount/serving		% DV
	Total Fat 15g		20%	Total Carb. 24g		9%
	Sat. Fat 9g		43%	Fiber 6g		21%
	Trans Fat 0g			Total Sugars 1g		
	Cholesterol 0mg		0%	Incl. 1g Added Sugars		2%
	Sodium 75mg		3%	Sugar Alcohol 4g		
				Protein 10g		8%
1 serving per container						
Serving size 1 Bar (55g)						
Calories per serving 220		Vitamin D 0mcg 0% • Calcium 28mg 2% • Iron 2mg 10% • Potassium 180mg 4%				

Ingredients: Allulose syrup, pumpkin seed protein, coconut, unsweetened chocolate, cocoa butter, glycerine, hemp protein, erythritol, inulin, sunflower seed butter, almond butter, natural flavor, sea salt, stevia extract, natural vanilla extract, delta tocotrienols, natural rosemary extract.

Contains coconut and almonds. May contain milk.

For a list of references cited in this document, please visit:

https://catalog.designsforhealth.com/assets/itemresources/KTO-BAR_References.PDF

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.