Paleo Bar™

Exceptional Nutrition Bar with a True Paleo Profile

designs for health®

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Paleo Bar™ is a great-tasting, chocolate flavored nutrition bar that features a true Paleo profile. It offers 10 grams of protein, 8 grams of fiber, and a fat profile stemming from sunflower seed butter. The protein blend in Paleo Bar™ uniquely combines bone broth protein isolate, hemp protein, and pumpkin seed protein. Together these three Paleo proteins create a comprehensive and complementary amino acid profile. With a total of 210 calories, Paleo Bar™ is a perfect choice for a between-meal snack or as a pre- or post-workout workout nourishment.

Paleo Bar™ Highlights

- Protein-rich, high fiber, micronutrient dense snack
- Protein blend (10 g) of bone broth protein isolate, hemp protein, and pumpkin seed protein
- Features HydroBEEF™, the highest quality Swedish bovine bone broth protein isolate with 70% collagen
- Bone broth protein supports the formation of collagen, the primary structural component of connective tissue, which plays a role in skin repair/renewal, and the support of healthy joints, tendons, and ligaments
- High fiber content (8 g)
- Only 8 grams of net carbs — minimally impacts blood sugar levels
- High-quality fats from sunflower seed butter



Nutrition Facts

1 serving per container
Serving size 1 Bar (55g)

Calories per serving 210

Amount/serving	% DV	Amount/serving	% DV
Total Fat 13g	**17%**	**Total Carb.** 26g	**9%**
Sat. Fat 6g	**30%**	Fiber 8g	**29%**
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg	**0%**	Incl. 4g Added Sugars	**8%**
Sodium 180mg	**8%**	Sugar Alcohol 2g	
		Protein 10g	**11%**

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 1mg 6% • Potassium 440mg 10%

Ingredients: Unsweetened chocolate, protein blend (bone broth protein isolate, hemp protein, pumpkin seed protein), allulose syrup, tapioca syrup, sunflower seed butter, glycerine, soluble tapioca fiber (resistant dextrin), inulin, erythritol, cocoa butter, natural cocoa powder, sunflower oil, natural flavor, sea salt, stevia extract, natural vanilla extract.

A Note About Allulose

The main sweetener in Paleo Bar™ is allulose, a rare sugar found naturally in figs, raisins, jackfruit, and maple syrup. Humans lack the enzymes to digest allulose, so it is largely excreted, but without the unpleasant gastrointestinal effects associated with certain sugar alcohols. Allulose is excreted primarily in the urine and has very low colonic microbial fermentability. It is an ideal sweetener for those on ketogenic or reduced carbohydrate diets, as it has no impact on blood glucose or insulin levels when consumed in reasonable amounts. 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.

The U.S. Food and Drug Administration (FDA) recognizes that while allulose has a chemical structure similar to other sugars, it is not metabolized by the body in the same way as most sugars and does not contribute the same number of calories. Actually, it has just one-tenth the calories of sucrose — only 0.4 calories per gram. As a result, the FDA requires allulose to be listed as part of the "Total Carbohydrates" on food labels, but not as a sugar, and thus it can be subtracted from the "Net Carbohydrates" when considering its impact to the user.

HydroBEEF™ is a trademark of Essentia Protein Solutions.

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