



# Intermittent Fasting Bar

Allow Your Patients to Eat Without Breaking the Fast\*



Nuts + Honey



Nuts + Cacao Chips



Nuts + Dark Cocoa



Non-GMO



Gluten-Free



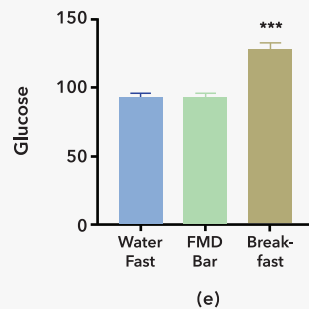
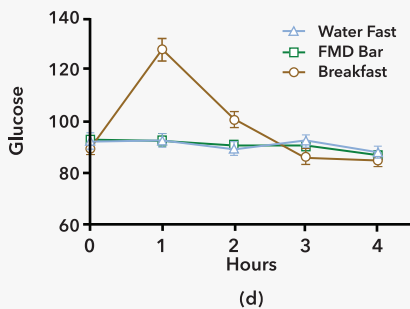
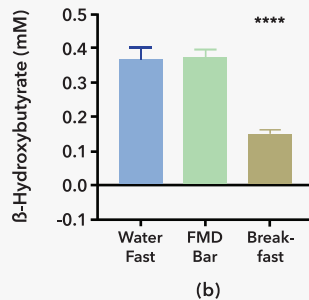
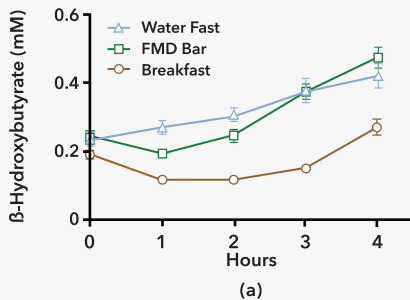
Made Without Soy



Made Without Dairy



5g Plant-Based Protein



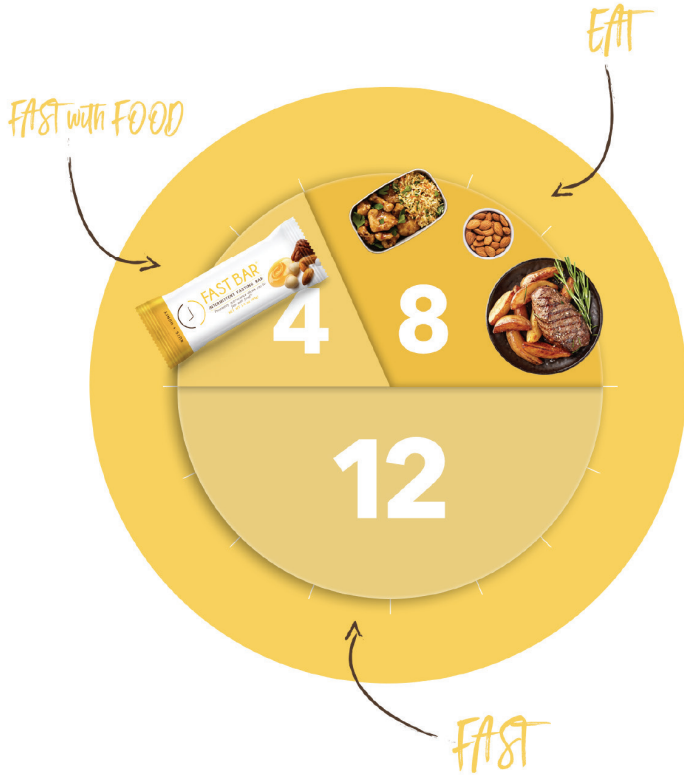
Fast Bar allows your patients to achieve their 16:8 or 18:6 fasting goals and curb their hunger without breaking their fast\*

After 15 h of overnight fast, study foods were consumed at hour 0 for the breakfast and FMD groups. (a) Ketone and (d) glucose levels were measured at time 0 and hourly for 4 h. (b) Blood ketone levels 3 h after the experimental groups consumed the study foods. (e) Blood glucose levels 1 h after the experimental groups consuming the study foods. Data represent mean and standard error. \*\*\* p < 0.001, \*\*\*\* p < 0.0001, FMD or breakfast group compared to the water fast group, one-way ANOVA, with Tukey's multiple comparisons test.



\*Benefits seen in a randomized, controlled study in 105 adults after a 15-hour overnight fast comparing the glucose and ketone results every hour for 4 hours in the Fast Bar group, breakfast group and water-fast group. Data on file.

# Fast Bar<sup>®</sup> is the **First Bar** Specially Designed to Support Your Patients While Practicing Intermittent Fasting.



In other words, your patient can eat a Fast Bar and extend their fasting window to meet their fasting goals!\*

Who wouldn't want to actually eat something as opposed to just drinking water?

NUTS + HONEY

Nutrition Facts	
10 servings per container	
<b>Serving size</b>	<b>1 bar (40g)</b>
<b>Amount Per Serving</b>	<b>200</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 9g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 3g Added Sugars	6%
<b>Protein</b> 5g	<b>9%</b>
Vit. D 0mcg 0% · Calcium 41mg 4%	
Iron 1mg 6% · Potas. 142mg 4%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Ingredients:** Almonds, Macadamias, Pecans, Chicory Root Fiber, Honey, Coconut Flour, Flaxseed, Natural Flavor, Sea Salt, Rosemary Extract.

NUTS + CACAO CHIPS

Nutrition Facts	
10 servings per container	
<b>Serving size</b>	<b>1 bar (40g)</b>
<b>Amount Per Serving</b>	<b>210</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 3.5g	18%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 9g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 3g Added Sugars	6%
<b>Protein</b> 5g	<b>8%</b>
Vit. D 0mcg 0% · Calcium 40mg 4%	
Iron 2mg 10% · Potas. 168mg 4%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Ingredients:** Almonds, Macadamias, Pecans, Chicory Root Fiber, Cacao Nibs, Honey, Coconut Flour, Flaxseed, Natural Flavor, Sea Salt, Rosemary Extract.

NUTS + DARK COCOA

Nutrition Facts	
10 servings per container	
<b>Serving size</b>	<b>1 bar (40g)</b>
<b>Amount Per Serving</b>	<b>200</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 9g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 3g Added Sugars	6%
<b>Protein</b> 5g	<b>8%</b>
Vit. D 0mcg 0% · Calcium 43mg 4%	
Iron 2mg 10% · Potas. 219mg 4%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Ingredients:** Almonds, Macadamias, Pecans, Chicory Root Fiber, Honey, Cacao Nibs, Coconut Flour, Flaxseed, Cocoa Powder, Natural Flavor, Sea Salt, Rosemary Extract.

\*Benefits seen in a randomized, controlled study in 105 adults after a 15-hour overnight fast comparing the glucose and ketone results every hour for 4 hours in the Fast Bar group, breakfast group and water-fast group. Data on file.