

# ENERGY BAR

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## HIGHLIGHTS REGARDING ENERGY BAR

Our great tasting energy bar is perfect as a healthy meal before or after training, or as a meal on the go. Packed with almonds, dates and a handful of super-seeds like chia, quinoa, pumpkin, sesame - topped off with fiber from inulin for maximum effect.

The ingredients are chosen by health-conscious people from the eco-friendliest farms we could find. It is naturally vegan, GMO free and only contains natural sugars.

**Content:** 4 - 1.4 OZ (40 g) BARS, NET WT 5.6 OZ (160 g)

## KEY BENEFITS

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- ▶ **HIGH IN ENERGY** - fast and long lasting fuel.
- ▶ **HIGH IN FIBER** - 10g of beneficial fibers doing good for your body.
- ▶ **NO ADDED SUGAR** - get energy without sugar cravings.
- ▶ **VEGAN** - for everybody to enjoy.
- ▶ **GMO & PESTICIDE FREE** - rest assured we use the best ingredients.
- ▶ **WADA (the World Anti-Doping Agency) FRIENDLY** - athletes can safely enjoy the bars, being free from prohibited ingredients.

## INGREDIENTS



**26 % ALMONDS** Almonds are a highly nutritional nut and a rich source of vitamin E, manganese and magnesium. Almonds are a source of copper, phosphorus, niacin, fibers and antioxidants. Compared to all other nuts, they are richer in nutrients and beneficial components healthful mono- and polyunsaturated fats and antioxidants. Almonds contain natural occurring sugars.



**20 % DATES** Dates are a good source of iron, fiber, vitamin A and potassium. Essential minerals such as calcium, phosphorus, sodium, magnesium, and zinc can be found making them one of the healthiest foods in the world. Dates have high levels of soluble fiber, which is essential in promoting healthy bowel movements and comfortable passage of food through the intestinal tract. Dates have natural occurring sugars like glucose, fructose, and sucrose. Therefore, they are the perfect snack for an immediate burst of energy.



**8 % PUMPKIN SEEDS** Pumpkin seeds contain a wide variety of antioxidant phytonutrients, including some phenolic acids and polyphenols like the lignans. Pumpkin seeds also contain health-supportive phytosterols. Pumpkin seeds are a very good source of zinc, iron, phosphorus, magnesium, manganese and copper and the World Health Organization recommends their consumption as a good way of obtaining these nutrients. In addition, pumpkin seeds are a great source of dietary fiber, protein and the essential fatty acids omega-3 and omega-6.



**6 % SESAME SEEDS** Sesame seeds have health benefits due to their nutritional content, including vitamins, minerals, natural oils, and organic compounds which consist of calcium, iron, magnesium, phosphorus, manganese, copper, zinc, fiber, thiamin, vitamin B6, folate, protein, and tryptophan. Dried whole sesame seeds are composed of 23% carbohydrates, including 12% dietary fiber, 50% fat, and 18% protein.



**6 % QUINOA** Quinoa is high in protein and one of the few plant foods that contain all nine essential amino acids, and for this reason it is an excellent source of protein. It has both more and better protein than most grains. It is also high in fiber, magnesium, B-vitamins, iron, potassium, calcium, phosphorus, vitamin E and flavonoids which are plant antioxidants.



**5 % CHIA SEEDS** Chia seeds are nutrient-dense and pack a punch of energy-boosting power and have become one of the most popular superfoods in the health community. The reason chia seeds are so beneficial is due to them being rich in fiber, omega-3 fats, protein, vitamins A, B, E and D and minerals including Sulphur, iron, iodine, magnesium, manganese, niacin and thiamine; and they're a rich source of antioxidants.



**5 % INULIN** Inulin is a soluble dietary fiber found in many plants but most often extracted from chicory. The naturally occurring polysaccharide/fructan is however not processed and thus inulin has minimal impact on blood sugar rise. It increases calcium absorption and possibly magnesium absorption, while promoting the growth of beneficial gut bacteria in the colon.

## OTHER INGREDIENTS

14 % IMO Isomalto-oligosaccharide (IMO) is a moderately sweet carbohydrate, from vegetable origin, that occurs naturally in fermented foods. It has certain beneficial properties similar to oligofructose and inulin and like these it is made up of carbohydrate chains (glucose) that are mainly resistant to digestion, and therefore low in calories and has a low glycemic index (34)\*.

It has been shown to promote the growth of beneficial bacteria in the colon and even effectively improve bowel movements, stool output and microbial fermentation in the colon without any adverse effects\*\*.

\* Individual food classifications for GI: Low: 55 or less. Moderate: 56 – 69 High: 70+.

\*\* Higher dosages (greater than 8 bars/day), can cause symptoms like flatulence, bloating, soft stool.

7 % Vegan Glycerol Made from rapeseed, acts like a humectant and keeps the moisture and texture of the ingredients in the bar.

4 % Olive Oil Virgin olive oil from Spanish plantations where fertilizers and pesticides are banned to ensure the best quality.

## OTHER INFORMATION

**HIGH IN FIBER:** Zinzino Energy Bar contains 10,4 g of dietary fiber, which is more than 42 % of the recommended daily intake for adults. Dietary fiber promotes beneficial effects for your gut, cholesterol, and satiety.

**NO ADDED SUGAR:** There is no added sugar to the energy bar. However, all fruits and nuts have a natural content of sugar. Since the sugar is encased in fiber it has a positive effect on the metabolism in our bodies. The fiber helps to slow down the sugar absorption which prevents the sugar from direct access to the liver. Therefore, Zinzino Energy Bar contains the perfect ingredients for an immediate burst of energy.

**VEGAN:** All ingredients in Zinzino Energy Bar are from vegan certified sources and can thus be enjoyed by all vegans, vegetarians and everyone else who craves for energy and a great tasting energy bar.

**GMO:** Zinzino Energy Bar does not contain GMO based soy and/or maize derived ingredients and/or GMO based food additives or flavors.

**WADA:** Zinzino Energy Bar in its whole or in part, does not contain nor has come into contact with any product/s, which is banned by the IOC and or WADA. The bar is found on the Informed-Choice list of approved products.

**HEAVY METALS:** Zinzino Energy Bar is certified for not containing any heavy metals and complies with the EU legislation 1881/2006/EC.

**PESTICIDES:** Zinzino Energy Bar is certified not to contain any trace or left-over pesticides and complies with the EU-regulations 396/2005/EC.

**NANO TECHNOLOGY:** Zinzino Energy Bar is certified to be free of nanoparticles.

**GLUTEN FREE:** Zinzino Energy Bar does not contain gluten (wheat, rye, barley, spelt, kamut).

**SALES UNIT:** Zinzino Energy Bar is sold in a box containing 4 bars (40 grams each). Each bar is packed individually in wrapping foil.

**PLEASE NOTE:** The wrapping foil around each bar has information printed on it, but only in English. On the outside of the box you can find all information, such as ingredients list, in your local language.

## Nutrition Facts

4 Servings per container  
Serving Size **1 Bar (40 g)**

Amount Per Serving  
**Calories 160**

% Daily Value\*

**Total Fat 9 g 12 %**

Saturated Fat 1 g **5 %**

**Sodium 10 mg 0 %**

**Total Carbohydrate 22 g 8 %**

Dietary Fiber 3 g **11 %**

Total Sugars 6 g

**Protein 4 g**

Iron 0.35 mg **2 %**

Potassium 63 mg **2 %**

Not a significant source of trans fat, cholesterol, added sugars, vitamin D, calcium

\*The % Daily Value 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, dates, isomalto-oligosaccharide\* (from vegetable GMO free extract), pumpkin seeds, sesame seeds, rolled quinoa seeds, vegetable glycerin, inulin, chia seeds, olive oil.

**CONTAIN:** Almonds, peanuts and products thereof

**STORAGE:** Store in a dry place at 50 - 75 °F and away from direct sunlight.

\*isomalto-oligosaccharide is a source of glucose but has a low glycemic index of only 34.