
ZINZINO ENERGY BAR

- DELICIOUS AND HEALTHY!



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** and **sesame** it is then topped off with fiber from **inulin** for maximum effect.

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

KEY BENEFITS

- ✓ **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 used the best ingredients.
- ✓ **WADA FRIENDLY** - athletes can safely enjoy the bars, being free from forbidden ingredients.

NUT & SEED

ZINZINO

ENERGY BAR



ACTIVE INGREDIENTS

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, almonds are richer in nutrients and beneficial components such as healthy mono-and polyunsaturated fats and antioxidants. Almonds contain naturally occurring sugars.

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 dates one of the healthiest foods in the world. Dates have natural occurring sugars, like glucose, fructose and sucrose, therefore, they are the perfect snack for an immediate burst of energy.

PUMPKIN SEEDS



Pumpkin seeds also contain health supportive phytosterols. Pumpkin seeds are a very good source of zinc, iron, phosphorus, magnesium, manganese and copper. The World Health Organization recommends consumption of pumpkin seeds as a good way of obtaining the former nutrients. In addition, pumpkin seeds are a great source of dietary fiber, protein, and the essential fatty acids omega-3 and omega-6.

SESAME SEEDS



Sesame seeds have health benefits due to their nutritional content which include vitamins, minerals, and natural oils. Sesame seeds also have organic compounds which consist of, calcium, iron, magnesium, phosphorus, manganese, copper, zinc, fiber, thiamin, vitamin B6, folate, protein, and tryptophan. Whole dried sesame seeds are composed of carbohydrates, including dietary fiber, fat, and protein.

QUINOA



Quinoa is high in protein and one of the few plant foods that contains all nine essential amino acids, for this reason it is an excellent source of protein. Quinoa has better and more 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.

CHIA SEEDS



Chia seeds are nutrient dense, 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 are a rich source of antioxidants.

INULIN



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

NON ACTIVE INGREDIENTS

14 % IMO

Isomalto-oligosaccharide (IMO) is a moderately sweet carbohydrate, that comes from vegetables and 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 effectively improve bowel movements, stool output and microbia 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

The virgin olive oil comes from Spanish plantations where fertilizers and pesticides are banned to ensure the best quality.

OTHER INFORMATION

HIGH IN FIBER ¹

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's Energy Bars contain the perfect ingredients for an immediate burst of energy.

VEGAN

All ingredients in Zinzino's Energy Bars are from vegan certified sources...and anyone else who craves energy and a great tasting energy bar.

GMO: Zinzino's Energy Bars do not contain GMO based soy and/or corn derived ingredients, 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 are banned by the IOC and WADA*.

* World Anti-Doping Agency

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

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

NANO TECHNOLOGY: Zinzino Energy Bars are certified to be free of nanoparticles.

GLUTEN FREE: Zinzino Energy Bars contains no cereals containing gluten (wheat, rye, barley, oats, spelt, kamut) and products thereof.

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	
<small>*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.</small>	

SALES UNIT: Zinzino's Energy Bars are sold in a box containing 4 bars à 40 grams. Each bar is packed individually in aluminum foil.

PLEASE NOTE: The aluminum foil around each bar has only information in English. On the outside of the box you can find all information, such as the ingredient list, in your local language.

MAY CONTAIN: Peanuts and products thereof.

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

INGREDIENTS: Almonds, dates, isomalto-oligosaccharide (from vegetable GMO free extract), pumpkin seeds, sesame seeds, rolled quinoa seeds, vegetable glycerin, inulin, chia seeds, olive oil.

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

GOOD SOURCE OF FIBER
NUT & SEED
VEGAN

ZINZINO

ENERGY BAR

NUT & SEED
VEGAN



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



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