Peanut Butter StandardBar®

9650

Please Copy for Your Patients

The Peanut Butter StandardBar Features High-Quality Proteins in a Great Tasting, Carbohydrate-Controlled Snack

What constitutes a healthy diet? The answer seems to change over time. Take for instance the consumption of nuts. For many years, we were told that to lose or maintain weight, we should limit or avoid eating lots of nuts because they contain fat. But over the past few years, research suggests that nuts contain a number of constituents that contribute positively to our good health and eating them in moderation helps us in many ways. Government and various health organization guidelines agree that to maintain a healthy body, we should choose a diet that takes most of its calories from whole grains, vegetables, fruits, low-fat dairy products, lean meats, fish, poultry, and dry beans. These guidelines also suggest choosing fewer calories from saturated fat, refined flour, and sugar.

Another piece of the diet/lifestyle puzzle that continues to evolve is the focus on carbohydrate intake. There are two kinds of carbohydrates, *simple* and *complex*. If we consume fewer simple carbohydrates (carbohydrates from sugars) and eat more of the complex variety (carbohydrates from vegetables and whole grains) and do so as part of a healthy diet, we can then maintain a healthy weight and promote healthy blood-sugar levels. Our high-protein Peanut Butter StandardBar, which contains carbohydrates of the beneficial complex form, can help us achieve this goal.†

How Peanut Butter StandardBars Keep You Healthy

Support a healthy heart

Peanuts are a rich source of monounsaturated fatty acids, magnesium, and folate. The fatty acid composition of peanuts helps reduce triglycerides and boosts the activity of other heart-healthy nutrients. Egg white and whey and rice protein contain a particularly nutritious composition of essential amino acids and antioxidants to help maintain healthy blood pressure. Nutrients from grape seed oil and stanols from soybean lecithin exert strong antioxidant activity to help protect the heart from oxidative stress. These nutrients also encourage healthy cholesterol levels in individuals with normal cholesterol levels.†

Encourage glucose and insulin balance

Unsaturated fats in peanut butter can help improve glucose and insulin ratios in the body.†

Introduced in:

2004

Content:

Eighteen 1.75 oz (50 g) Bars

Supplement Facts:

Serving Size: 1 bar
Servings per Container: 18

		%DV
Calories	200	
Calories from Fat	60	
Total Fat	7 g	11%*
Saturated Fat	1.5 g	8%*
Cholesterol	16 mg	5%
Total Carbohydrate	20 g	7%*
Dietary Fiber	1 g	4%*
Sugars	2 g	
Protein	17 g	34%*
Vitamin E	1 IU	2%
Calcium	40 mg	4%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

NET CARB COUNT

5.5 Total Carbs: 20
Low-Impact Carbs: 14.5
NET CARB COUNT: 5.5

This peanut butter bar has a net carbohydrate count of 5.5 g (sugar/starch). Only these 5.5 g should be counted toward your daily carbohydrate intake.

The remaining 14.5 g of low-impact carbohydrates come from glycerin, maltitol, and fiber–all which have a negligible impact on blood sugar levels.

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Standard Process

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† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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What Makes Peanut Butter StandarBars Unique

Unique Product Attributes

This is a vegetarian product (lacto-ovo)

Ingredients are derived from whole-food sources

- Egg and peanut butter contribute iron and protein
- Whey offers complete protein and calcium
- Grape seed oil contains vitamin E and is lower in saturated fats than many other oils

Provides a healthy balance of carbohydrates, proteins, and fats

- Comprised of 17 grams of protein, providing energy without excess sugar or refined flour
- Contains a net carbohydrate count of 5.5 grams
- Provides carbohydrates which are of the beneficial complex form, as opposed to simple sugars, to encourage healthy blood-sugar metabolism
- Carries a low glycemic index
- Provides only 1.5 grams of saturated fat and is low in cholesterol
- Offers a convenient and balanced supplement snack without artificial preservatives, colors, or flavors

Unique Processing

Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature--in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists--known and unknown--bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Ingredients: *Protein blend (whey (dairy) protein concentrate, egg white, and rice protein), maltitol syrup, peanut butter, glycerin, brown rice syrup, whey crisps (whey (dairy) protein and rice flour), natural flavors, peanuts, grape (seed) oil, peanut flour, soybean lecithin oil, and wheat (germ) oil.*

Sold to health care professionals.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. ***See the supplement facts for the Peanut Butter StandardBar®.***

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