

TEMPO BARS PEANUT BUTTER



CLINICAL APPLICATIONS

- Promotes Blood Sugar Balance
- Helps Maintain Normal Insulin Levels
- Convenient and Healthy Snack
- Provides Healthy Protein and Fiber

GLYCEMIC SUPPORT

The Tempo Bar is designed to serve as a nutritious snack to keep a steady glycemic “tempo” throughout the day. By focusing on enhancing protein and fiber intake, Tempo Bars increase satiety and help maintain normal blood sugar and insulin levels, and are especially helpful for after-meal energy slumps. The Tempo Bar is a good source of protein and an excellent source of fiber. This delicious, high-quality, well-balanced snack does not contain any artificial colors or flavors, or the high amounts of sugar and carbohydrates found in other bars. The Tempo Bar is kosher and gluten-free.

Overview

Blood sugar has become a concern for many in the United States and across the globe. When blood sugar levels challenge the body's ability to process them, consumption of refined carbohydrates, which are quickly broken down to glucose, can lead to sugar and insulin spikes and crashes within the normal range. The overall glycemic impact of the diet is vitally important not only to maintain normal insulin levels, but also in maintaining normal levels of the stress hormone cortisol. Both ongoing high and low blood sugar, even within the normal range, are stressors, which stimulate the release of cortisol. Over time, high cortisol levels may also cause the individual to enter an ongoing catabolic or enduring “break down” state. Eating a Tempo Bar as a snack provides the protein and fiber needed to maintain normal levels of blood sugar, insulin and cortisol throughout the day.

Research†

Soluble fibers and fermentable fibers like inulin, (carbohydrates that can be fermented into short-chain fatty acids by gut microflora) seem to have an especially profound effect not only on the glycemic response of the initial meal consumed, but on subsequent meals consumed. Researchers at the Lund University in Sweden have recently published data showing that a single breakfast meal consisting of high amounts of soluble and fermentable fibers will decrease the glycemic impact of the subsequent lunch and dinner meals.¹ This effect was also noted for fibers consumed in the evening, impacting the glycemic response of the breakfast meal.^{2,3} In one randomized, controlled, single-blind, crossover study, insoluble dietary fiber intake for a 3 day span significantly supported normal body insulin levels.⁴ A prospective two-year cohort study of 43,115 men and women also supported the benefits of dietary fiber in promoting lower gastrointestinal mucosal health.⁵

An abundance of research has highlighted the important role that protein intake plays in helping maintain blood sugar balance.⁶ A 12-week randomized controlled trial of 44 adults found high-protein diets helped maintain normal insulin levels and promote healthy blood sugar levels. In addition, a meta-analysis of 15 randomized, controlled trials found insulin levels were better maintained on high-protein diets as compared to the low-protein counterparts.⁷

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

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Directions

1 serving is one Tempo Bar.

Does Not Contain

Gluten, aspartame, artificial colors and flavors.

Cautions

Contains peanuts, coconut, milk, and soy. Made in a facility that processes peanuts, tree nuts, soy, dairy, eggs, wheat, fish gelatin, and shellfish.

Nutrition Facts	
Serving Size 1 Bar (55g)	
Servings Per Container 12	
Amount Per Serving	
Calories 240	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber 9g	36%
Soluble Fiber 7g	
Sugars 4g	
Protein 12g	10%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 10%
Riboflavin 590%	• Niacin 100%
Vitamin B6 1,000%	• Pantothenic Acid 500%
Chromium 170%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

ID# 925012 Box of 12 Bars

References

1. Nilsson, A.C., Ostman, E. M. et al. Effect of cereal test breakfasts differing in glycemic index and content of indigestible carbohydrates on daylong glucose tolerance in healthy subjects. *Am J Clin Nutr.* 2008; 87(3):645-654.
2. Nilsson, A.C., Ostman, E. M. et al. Including indigestible carbohydrates in the evening meal of healthy subjects improves glucose tolerance, lowers inflammatory markers, and increases satiety after a subsequent standardized breakfast. *J Nutr.* 2008;138(4):732-739.
3. Nilsson, A., Ostman, E. et al. Effects of GI vs content of cereal fibre of the evening meal on glucose tolerance at a subsequent standardized breakfast. *Eur J Clin Nutr.* 2008; 62(6):712-72.
4. Weickert MO, Möhlig M, Schöfl C, et al. Cereal fiber improves whole-body insulin sensitivity in overweight and obese women. *Diabetes Care.* 2006 Apr;29(4):775-80. [PMID: 16567814]
5. Wakai K, Date C, Fukui M, et al. Dietary fiber and risk of colorectal cancer in the Japan collaborative cohort study. *Cancer Epidemiol Biomarkers Prev.* 2007 Apr;16(4):668-75. [PMID: 17416756]
6. Luger M, Holstein B, Schindler K, Kruschitz R, Ludvik B. Feasibility and efficacy of an isocaloric high-protein vs. standard diet on insulin requirement, body weight and metabolic parameters in patients with type 2 diabetes on insulin therapy. *Exp Clin Endocrinol Diabetes.* 2013 May;121(5):286-94. *Epub* 2013 May 14.
7. Schwingshackl L, Hoffmann G. Long-term effects of low-fat diets either low or high in protein on cardiovascular and metabolic risk factors: a systematic review and meta-analysis. *Nutr J.* 2013 Apr 15;12:48.

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