

# Soy Almond Crunch StandardBar®

9800

Please Copy for Your Patients

## Soy Almond Crunch StandardBars Contain Soy Protein, Vitamins, Minerals, Essential Fatty Acids, and Phytochemicals

Described in Chinese literature dating back to 2800 B.C., soybeans are well known for their high protein and essential fatty acid content. Approximately 38 percent of the calories in soybeans come from protein. Just as important, the type of protein in soybeans is highly bioavailable, making it well suited to meet human physiological needs.

Eleven of the 20 amino acids needed by our bodies are produced in the body. We acquire the amino acids our bodies do not manufacture through dietary sources. Soy offers the remaining nine amino acids, making it a complete protein. Soy is also a source of dietary fiber—a nutrient well recognized in helping to maintain cellular health and in reducing the risk of developing some types of heart disease. Soy contains calcium that is easily absorbed by the body. It is also a source of copper and magnesium. Among the variety of phytochemicals contained in soy, the isoflavones have been the focus of much research involving their specific effects on cholesterol, bone loss, female health, and cell cycling. Soybeans also contain a variety of vitamins, especially a number of the B-complex vitamins. While there is no recommended amount for daily consumption of soy, it is considered a highly-nutritious food and makes a healthy dietary choice at any age.†

## How Soy Almond Crunch StandardBars Keep You Healthy

### Supports women's health

Genistein and daidzein are the two most prominent isoflavones found in soy. The chemical structure of isoflavones closely resembles the hormone estrogen. These isoflavones can help reduce the severity of some of the symptoms associated with the perimenopausal stage of life.†

### Keeps your cardiovascular system healthy

The fiber found in soy and flaxseed oil can help keep cholesterol levels healthy in individuals with healthy cholesterol levels. It also discourages unhealthy plaque buildup in vessels carrying blood to the heart. Flaxseed oil contributes omega-3 essential fatty acids, magnesium, potassium, zinc, B-complex vitamins, and protein.†

### Encourages a healthy nervous system

The B-complex vitamins and folate plus the minerals calcium, magnesium, copper, sodium, and potassium each play an important role in proper nervous system function.†

### Maintains cellular health

Flaxseed oil offers protection to cell walls. The isoflavone genistein works at both the molecular and cellular levels to encourage proper cell cycling and exert antioxidant protection.†



**Introduced in:**

1999

**Content:**

*Eighteen 1.75 oz (50 g) Bars*

### Supplement Facts:

Serving Size: 1 bar  
Servings per Container: 18

		%DV
Calories	195	
Calories from Fat	60	
Total Fat	6 g	11%*
Saturated Fat	0 g	0%*
Polyunsaturated Fat	2 g	
Monounsaturated Fat	2.5 g	
Cholesterol	0 mg	0%
Total Carbohydrate	23 g	7%*
Dietary Fiber	3.5 g	12%*
Sugars	12 g	
Protein	12 g	24%*
Vitamin E	2.1 IU	6%
Vitamin B <sub>6</sub>	2.8 mg	140%
Folate	0.04 mg	10%
Calcium	70 mg	6%
Iron	2 mg	10%
Magnesium	70 mg	20%
Potassium	385 mg	10%

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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.

# Soy Almond Crunch StandardBar®

## What Makes Soy Almond Crunch StandardBars Unique

### Unique Product Attributes

This is a vegetarian product

Ingredients are derived from whole-food sources

- Provides a nutritious snack alternative to both men and women by supplying quality protein, calcium, and fiber nutrients
- Provides 11 grams of soy protein per serving—a delicious and convenient way to get all the nutritional benefits of soy
- Conserves the integrity of the protein and other nutrients in soy after processing
- Supplies magnesium lactate to help support the central, nervous, neuromuscular, and cardiovascular systems
- Supplies flaxseed oil to help maintain cellular and cardiovascular health
- Whole-food sources enhance the natural assimilation of nutrients and strength of synergistic cofactors
- Combines healthy ingredients that support multiple organ systems
- Offers a convenient snack without artificial preservatives, colors, or flavors†

Provides a healthy balance of carbohydrates, proteins, and fats

- A 40-30-30 type health bar
- Free of cholesterol and saturated fat
- Enlists the health properties of soy, well recognized for its protective and cleansing characteristics†

### Unique Processing

Not disassociated into isolated components

- The nutrients in Soy Almond Crunch StandardBars are processed to remain intact, complete nutritional compounds

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:** Brown rice syrup, pure wildflower honey, soy protein, almond butter, soy nuggets, textured soy protein, rolled oats, dry soy milk, glycerin, sesame seeds, soybean lecithin, flaxseed oil, natural almond flavor, magnesium lactate, extra-virgin olive oil, natural licorice extract, and pyridoxine hydrochloride.

**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 Soy Almond Crunch StandardBar®.

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