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# SOLO

## Smart Energy Bar



Pharmacist  
Information  
Sheet



### Solo GI Low Glycemic Nutrition Bar®

#### Pharmacist Information

A Great Tasting Bar Designed to Help People with Diabetes

### Blood Sugar Management Meets Great Taste

The Smart Choice: Most diabetic snacks prevent blood sugar spikes by using chemically altered, indigestible carbohydrates (sugar alcohols, artificial sweeteners) which are intended to "pass through the body" without contributing energy, nutrients or anti-oxidants. In contrast, Solo GI's CarbControl™ formulations employ a unique combination of slow-release carbohydrates, protein isolates, dietary fat and fiber to help minimize blood sugar swings, contribute real nutrition and sustain energy. Each delicious Solo GI® Bar is clinically validated low glycemic (GI 23-29) by the inventors of the Glycemic Index at the University of Toronto. Minimizing blood sugar impact over time can help lower A1C.

#### Solo GI Bars with CarbControl™ Helps Stabilize Blood Sugar Levels & Manage Weight:

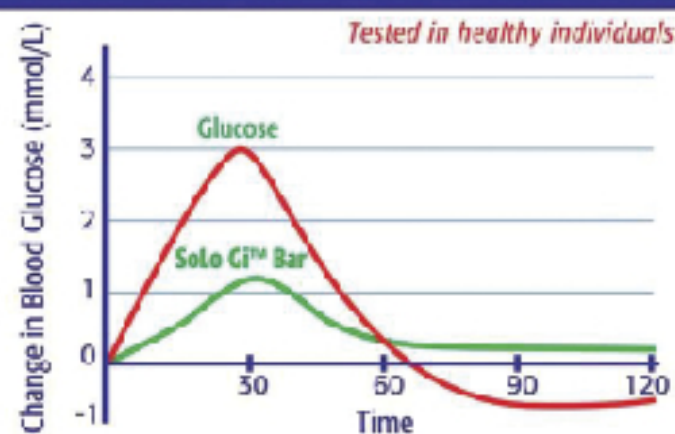
- ✓ **CLINICALLY VALIDATED LOW GI (23-29)**
- ✓ **PREVENTS THE SPIKE, CRASH & CRAVE CYCLE**
- ✓ **PROMOTES SATIETY – STAY SATISFIED LONGER**
- ✓ **SUSTAINES ENERGY BETWEEN MEALS**
- ✓ **NUTRIENT-DENSE**
- ✓ **NO SUGAR ALCOHOLS OR ARTIFICIAL SWEETENERS**

"Solo Bars demonstrate a profound decrease in postprandial glucose response making them a healthy snack for people with diabetes and the population at large." Tapan Basu, Ph.D. Nutritional Biochemist, Professor Emeritus, University of Alberta; former president of The World Clinical Nutrition Association.

#### CLINICAL STUDIES USING SOLO GI BARS:

- 1) **Children Type I Diabetes:** National Institutes of Health; The Effect of a Low-Glycemic Diet vs. Standard Diet on Blood Glucose Levels and Macronutrient Intake in Children with Type 1 Diabetes (Journal of the American Dietetic Assoc. 2009;109:303-307)  
Conclusion: "The positive effect of a low-GI diet in children with type 1 diabetes was observed during ad libitum food consumption in home environments. A low-GI diet was associated with improved diet quality and decreased daytime hyperglycemia compared to the children's usual diets."
- 2) **Pregnant Women – Gestational Diabetes:** Children's Hospital, Boston & Harvard Medical School: Glycemic Load and Infant Birth Weight in Pregnant Overweight/Obese Women. David Ludwig, MD, PhD, (published AJCN October 20, 2010); Conclusion: Randomized trial finds low-glycemic diet with Solo Bars helps prevent gestational diabetes, better maternal cardiovascular profile, longer gestational period, larger infant head circumference – suggestive of early brain development.
- 3) **Glycemic Load & Obesity Effects on Cancer Biomarkers:** Fred Hutchinson Center for Cancer Research: funded by National Cancer Institute and NIH.
- 4) **Optimum Diet for Preventing & Treating Obesity.** Faculty of Life Sciences, University of Copenhagen; (published, New England Journal of Medicine. 2010;363:2102-13) In adults, a diet consisting of slightly higher protein content and low-GI foods ensures weight management and also results in a spontaneous drop in the prevalence of their overweight children. Profile of Solo Bar formulation but no Solo Bars used in this study.

#### SoLo GI™ Bar vs. Glucose





# Because Blood Sugar Rules Hunger and Energy, Solo GI® Low Glycemic Nutrition Bar is an Ideal Snack on-the-go for EVERYONE!



## SOLO GI® SMART BARS:

- ✓ Keep Blood Sugar in a Narrow Range
- ✓ Prevent Blood Sugar Swings
- ✓ Control Hunger and Cravings
- ✓ Maintain Energy Longer
- ✓ Great Nutritional Snack
- ✓ Clinically Validated Very Low GI  
(23-29) GI Laboratories Inc.\*

## Great Between-Meal, Pick-Me-Up:

- ✓ Nutrient-Packed
- ✓ Protein (10 – 13 G)
- ✓ Dietary Fibre (3-4 G)
- ✓ Rich Source of Antioxidants
- ✓ No Trans Fats or Hydrogenated Oils
- ✓ No Sugar Alcohols or Artificial Sweeteners
- ✓ Exceptional Taste
- ✓ Kosher (OU)

## What Is the Glycemic Index?

All SoLo Bars are validated by University Researchers to be very low GI, (23-29). Solo GI® Bar is the first line of clinically validated low Gi bars. The glycemic index (GI) is a scientific system of classifying carbohydrate-containing foods according to how quickly they are digested and absorbed by the body. It ranks the quality of carbohydrates (from 0 to 100) based on their direct impact on blood glucose levels after eating. Pure glucose is used as the reference food, with a GI value equal to 100. Thus, the higher the GI value of the carbohydrate, the faster it becomes glucose and the greater its impact on blood glucose levels. Conversely, the more slowly a carbohydrate is digested and absorbed, the lower is its GI value and the more gradual and less intense will be its impact on blood glucose levels. For sustained energy, satiety and diet the lower and slower the rise in blood sugar (GI), the better. Low GI foods are broken down slowly and provide a gradual release of sugar into the blood, providing longer lasting energy. \*

Solo GI Nutrition Inc.

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