



POST-PROLON FMD®



HEALTHY AGING



WEIGHT MANAGEMENT



METABOLIC WELL-BEING

What is Fast Bar™?

Fast Bar is the only nutrition bar that mimics fasting and nourishes the body to keep it from starving thanks to a proprietary blend developed by L-Nutra that combines mostly natural macro and micro nutrients that enhance a fasting state while increasing the fasting time.

With Fast Bar your patients are Fasting with Food™. It is safer for the body and may help reduce symptoms associated with no-food fasting such as headaches and/or gallstone formation.

Fast Bar is the only nutrition bar that has been tested (preclinically and clinically), patented (filed), and positioned specifically for fasting. It is designed to help support metabolic well-being.

Fasting is not a new trend. It has been part of humanity for spiritual practice, medical purpose, or for weight loss benefit.

Fast Bar features a proprietary blend of carefully selected high quality and natural ingredients at the correct portions of macro and micronutrients to maintain the body in a fasting mimicking state. It is a gluten-free, non-GMO, and soy-free meal bar. Patients can eat this tasty, high good-fat, low-protein bar in place of any meal to support goals of overall health.

Fast Bar is validated by the science of ProLon®, the only Fasting Mimicking Diet (FMD)®, and originally developed by the scientists at The Longevity Institute at the University of Southern California (USC).



Nutrition Facts

Serving Size 1 Bar (44g)
Servings Per Container 10

Amount per serving

Calories 250 Calories from Fat 190

% Daily Value*

Total Fat 21g 32%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 14g 5%

Dietary Fiber 5g 20%

Total Sugars 8g

Protein 5g

Vitamin A 0% • Vitamin C 30%

Calcium 4% • Iron 6%

Vitamin E 0%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

Ingredients:

Macadamia Nuts, Honey, Pecans, Almonds, Almond Butter, Coconut, Inulin, Flaxseed, Coconut Oil, Coconut Flour, Sea Salt, Natural Flavor, Mixed Tocopherols (Preservative), Citric Acid, Ascorbic Acid.

Contains:

Tree Nuts (Almonds, Coconut, Macadamia Nuts, Pecans)

Non-GMO, gluten-free, soy-free



www.fastbar.com

#thefastbar



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