



2023 FOOD TECHNOLOGY CATALOG

BECAUSE YOU ARE A MASTERPIECE



A Personal Word from David and Jan Dalton

In a world filled with uncertainty, we embarked on an incredible journey, dedicating the past decade of our lives to a food revolution. For the past decade, we surrendered the comforts of our lives—the steady careers, the cherished homes, the leisurely pursuits, and the financial security that once defined us. We ventured into uncharted territory, propelled by a shared vision and an unyielding belief in a better future.

In our pursuit of unyielding excellence, we discovered the immense potential of what we call, and we hope you do as well, a new category and delivery system for the most dense whole food bars ever created—wholeceuticals, branded as eBars. Together, as we crafted these extraordinary creations, we addressed the intricate complexities of human physiology, targeting struggles with inflammation, appetite regulation, focus and calmness, stamina, and restful sleep.

Today, after a journey that spanned a decade, we proudly present our inaugural catalog—a testament to our unwavering commitment and the vision behind each eBar, a wholeceutical bar. Within these pages, you'll find the culmination of our relentless pursuit of excellence, with each bar meticulously crafted with a specific purpose in mind. This catalog is a celebration of the transformative power of eBars, inviting you to embark on a journey of nourishment, vitality, and the realization of your fullest potential. It is a tribute to the notion of returning to the Garden of Eden, where whole foods fuel our bodies and minds, restoring balance and well-being.

We invite you to explore this catalog and discover the remarkable possibilities that eBars holds for you and your loved ones.

David and Jan Dalton
Founders of eBars

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Unveiling the Dark Reality: The Crisis of the Modern Food Industry

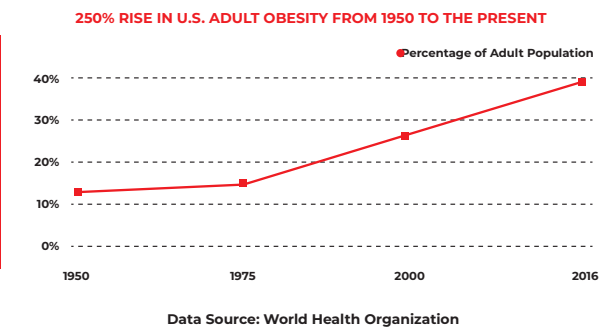
By David Dalton, Co-Founder, eBars

In the modern era, the state of our food industry stands as a haunting reminder of the deep-rooted problems that pervade our sustenance. Beneath the glossy exterior lies a system plagued by profound challenges, endangering our health, environment, and overall well-being. This critical examination uncovers the alarming truth behind the current state of affairs, shedding light on three poignant issues that demand our attention and collective action.

The Disguise of Convenience and Processed Foods

In the relentless pursuit of convenience, the food industry has become a purveyor of processed and highly refined products. Convenience foods, laden with artificial additives, unhealthy fats, and excessive sugar, have infiltrated our diets, compromising our health. The allure of ready-made meals and pre-packaged snacks has seduced many, leading to an epidemic of poor dietary choices and the loss of connection to whole, nutrient-dense foods.

The alarming rise in obesity among the American population carries significant health implications. It increases the risk of chronic conditions like heart disease, diabetes, and certain cancers. This trend threatens public health, straining healthcare systems, and reducing quality of life while demanding urgent attention and intervention.



Industrialized Agriculture and the Assault on Nature

The rise of industrialized agriculture has transformed the once vibrant tapestry of sustainable farming into an exploitative system that disregards the delicate balance of nature. Large-scale monocropping, heavy pesticide use, and the rampant overuse of antibiotics have become common practices, diminishing the nutritional value of our crops and causing irreparable damage to the environment. THE very environment we depend on for our well being. This assault on nature not only undermines the integrity of our food but also threatens the long-term sustainability of our planet.

Lack of Transparency and Consumer Manipulation

The modern food industry often shrouds its practices in secrecy, leaving consumers in a state of confusion and vulnerability. Labels can be misleading, and hidden ingredients can mask the true nature of our “food.” Advertising campaigns and strategic marketing techniques often exploit our desires for health and well-being, manipulating our choices and leading us astray. The lack of transparency deprives consumers of the knowledge and understanding needed to make informed decisions about their food, perpetuating a cycle of ignorance that hampers our ability to reclaim control over our own nourishment.

In Conclusion:

The crisis in our food industry demands immediate attention and a call to action. By confronting the realities of convenience-driven processed foods, destructive agricultural practices, and the lack of transparency. It is time to reclaim our connection with whole, nutrient-dense foods and to champion a food industry that prioritizes the well-being of individuals, communities, and the planet. Together, we have the power to catalyze change and redefine the very essence of our sustenance, forging a new era where the health and vitality of humanity take center stage.

Welcome to the Revolution

What if...

You could feel "natural" focus and calm for 3-4 hours?



What if...

You could boost your immunity with 15 whole-food vitamins and minerals at 100% of the RDI?



What if...

You could support healthy hair, skin, and nails along with hormonal levels?



What if...

You could feel energized and not hungry for 3-4 hours?



What if...

You could have longer stamina during your workout?



What if...

You could have support for better heart and testosterone health?



10 Reasons Why eBars has Redefined the Bar Industry

LECTIN FREE (1st to Market)

We're proud to be the first organic bar manufacturer to create a line of lectin-free products. Recent studies by renowned cardiologist Dr. Steven Gundry have shown that lectins, a plant protein, causes inflammation in most people. Our bars are crafted without lectins to ensure they are gentle on your gut.

2 PROPRIETARY CHOCOLATE (1st to Market)

Our proprietary chocolate is formulated on site and made from organic raw cacao, organic raw cacao butter, organic yacon, and organic monk fruit. Our chocolate contains no lecithin. It maintains a glycemic index of just 1.

3 MUSHROOM (1st to Market)

In 2013, we were the first bar manufacturer to incorporate culinary mushrooms with medicinal benefits into our bars. Our mycelium mushrooms are grown on gluten-free oats or fermented (lectin-free) purple corn.

4 HERMETIC SEALING & NITROGEN FLUSHING (1st to Market)

We employ both our unprecedented pharmaceutical-grade seal (15hg) and a food-grade pure nitrogen flush. This hermetic seal guarantees an oxygen-free environment, harnessing nature's best preservative properties. Additionally, our nitrogen flush ensures maximum freshness and extends the shelf life. With these measures in place, we ensure the highest quality and longevity for your enjoyment.

5 VITAMINS & MINERALS (1st to Market)

The IMMUNE bar is the most vitamin and mineral-rich on the market, containing 15 whole food vitamins and minerals at 100% of the recommended daily intake.

6 PROPRIETARY PACKAGING (1st to Market)

eBars is first to market with a 7 layer proprietary packaging to ensure a hermetic seal of nitrogen, providing an oxygen-free environment, to keep our bars fresh and mold free for an extended period.

7 BLANCHED ALMONDS

We source our raw blanched almonds from Spain and roast them in a natural gas chamber to perfection. Our almond butter is made within two weeks of production to ensure optimal freshness. Our almonds are without skins because they contain inflammatory lectins.

8 RAW, UNFILTERED HONEY

Our raw unfiltered honey comes from Brazil and is kept at a temperature of 95 degrees to preserve its medicinal qualities.

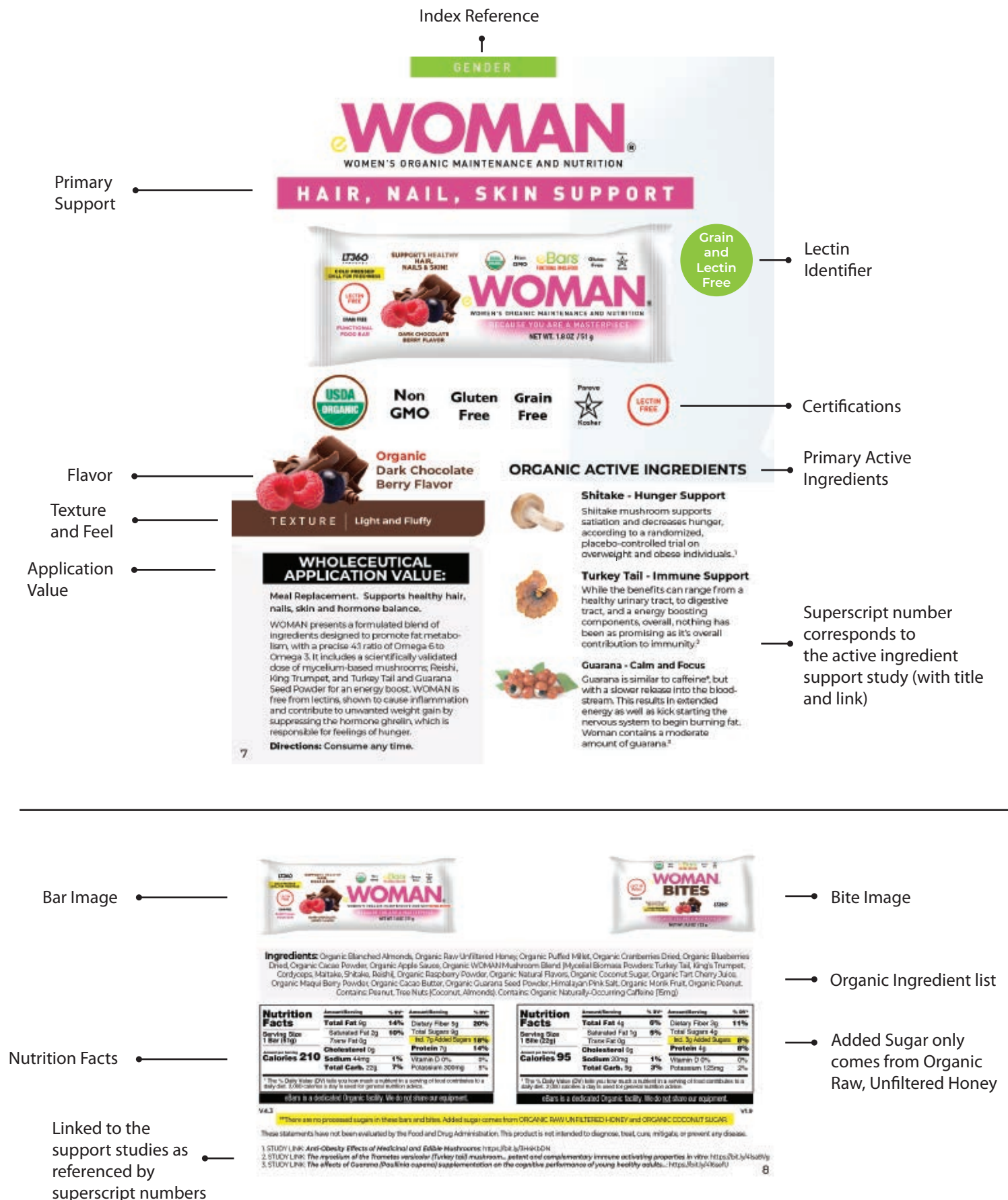
9 COLD PRESS

We use a cold press process, with no baking or heating, to create our bars. This ensures that our bars maintain their nutritional value and taste delicious.

10 ORGANIC DEDICATED FACILITY

We uphold the highest organic standards. Every ingredient used is meticulously sourced and certified organic. We take pride in the fact that our plant is free from any non-organic ingredients. It's worth noting that having a dedicated organic facility is exceptionally rare, but we prioritize this commitment to provide you with products of unparalleled organic quality.

How To Use This Catalog



eWOMAN®

WOMEN'S ORGANIC MAINTENANCE AND NUTRITION

HAIR, NAIL, SKIN SUPPORT



Non
GMO

Gluten
Free

Grain
Free



Organic
Dark Chocolate
Berry Flavor

TEXTURE | Soft and Light

WHOLECEUTICAL
APPLICATION VALUE:

Meal Replacement. Supports healthy hair, nails, skin and hormone balance.

WOMAN presents a formulated blend of ingredients designed to promote fat metabolism, with a precise 4:1 ratio of Omega 6 to Omega 3. It includes a scientifically validated dose of mycelium-based mushrooms; Reishi, King Trumpet, and Turkey Tail and Guarana Seed Powder for an energy boost. WOMAN is free from lectins, shown to cause inflammation and contribute to unwanted weight gain by suppressing the hormone ghrelin, which is responsible for feelings of hunger.

Directions: Consume any time.

ORGANIC ACTIVE INGREDIENTS



Shitake - Hunger Support

Shiitake mushroom supports satiation and decreases hunger, according to a randomized, placebo-controlled trial on overweight and obese individuals.¹



Turkey Tail - Immune Support

While the benefits can range from a healthy urinary tract, to digestive tract, and a energy boosting components, overall, nothing has been as promising as it's overall contribution to immunity.²



Guarana - Calm and Focus

Guarana is similar to caffeine*, but with a slower release into the bloodstream. This results in extended energy as well as kick starting the nervous system to begin burning fat. Woman contains a moderate amount of guarana.³



Ingredients: Organic Blanched Almonds, Organic Raw Unfiltered Honey, Organic Puffed Millet, Organic Cranberries Dried, Organic Blueberries Dried, Organic Cacao Powder, Organic Apple Sauce, Organic WOMAN Mushroom Blend (Mycelial Biomass Powders: Turkey Tail, King's Trumpet, Cordyceps, Maitake, Shiitake, Reishi), Organic Raspberry Powder, Organic Natural Flavors, Organic Coconut Sugar, Organic Tart Cherry Juice, Organic Maqui Berry Powder, Organic Cacao Butter, Organic Guarana Seed Powder, Himalayan Pink Salt, Organic Monk Fruit, Organic Peanut. Contains: Peanut, Tree Nuts (Coconut, Almonds). Contains: Organic Naturally-Occurring Caffeine (15mg)

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Total Fat 9g	14%	Dietary Fiber 5g	20%
Serving Size 1 Bar (51g)	Saturated Fat 2g	10%	Total Sugars 9g	
	Trans Fat 0g		Incl. 7g Added Sugars	18%
Amount per Serving Calories 210	Cholesterol 0g		Protein 7g	14%
	Sodium 44mg	1%	Vitamin D 0%	0%
	Total Carb. 22g	7%	Potassium 300mg	5%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.				
eBars is a dedicated Organic facility. We do not share our equipment.				

V4.3

**There are no processed sugars in these bars and bites. Added sugar comes from ORGANIC RAW UNFILTERED HONEY and ORGANIC COCONUT SUGAR.

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

1. STUDY LINK: *Anti-Obesity Effects of Medicinal and Edible Mushrooms*: <https://bit.ly/3H4KbDN>
2. STUDY LINK: *The mycelium of the Trametes versicolor (Turkey tail) mushroom... potent and complementary immune activating properties in vitro*: <https://bit.ly/41sa8Vg>
3. STUDY LINK: *The effects of Guarana (Paullinia cupana) supplementation on the cognitive performance of young healthy adults...*: <https://bit.ly/416sefU>

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Total Fat 4g	6%	Dietary Fiber 3g	11%
Serving Size 1 Bite (22g)	Saturated Fat 1g	5%	Total Sugars 4g	
	Trans Fat 0g		Incl. 3g Added Sugars	8%
Amount per Serving Calories 95	Cholesterol 0g		Protein 4g	8%
	Sodium 20mg	1%	Vitamin D 0%	0%
	Total Carb. 9g	3%	Potassium 125mg	2%
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V1.9

eMAN®

WHOLE
Ceuticals
Harnessing Whole Food

PROSTATE, HEART & TESTOSTERONE

Non
GMOGluten
FreeOrganic
Chocolate Almond
Flavor

TEXTURE | Soft and Crunchy

WHOLECEUTICAL
APPLICATION VALUE:

Meal Replacement. Supports healthy heart, prostate, stamina, testosterone, gut, and brain.

Man is a specially crafted energy bar that incorporates the recommended daily intake of almonds as recommended by the American Heart Association, with 23 almonds per serving, to support cardiovascular health. Man incorporates a blend of four culinary mushrooms, including Shiitake, Cordyceps, King's Trumpet and Lion's Mane, known for their medicinal benefits.

9 **Directions:** Consume any time.

ORGANIC ACTIVE INGREDIENTS

**Cordyceps Militaris** - Testosterone, Energy

This amazing mushroom supports natural immunity, the relief of depression and fatigue, while improving exercise performance, and the overall wellbeing of the individual.¹

**Shiitake** - Hunger Support

Shiitake mushroom supports satiation and decreases hunger, according to a randomized, placebo-controlled trial on overweight and obese individuals.²

**Lion's Mane** - Brain Health

Lion's Mane mushroom contains nootropic benefits, supporting cognitive function, memory, and nerve health.³



Ingredients: Organic Blanched Almonds, Organic Raw Unfiltered Honey, Organic Rolled Oats, Organic Blueberries Dried, Organic Cranberries Dried, Organic Pumpkin Seeds, Organic Brown Rice Crisps, Organic MAN Mushroom Blend (Mycelial Biomass Powders: Shiitake, Cordyceps, King's Trumpet, Lion's Mane), Organic Cacao Butter, Organic Natural Flavors, Organic Cacao Powder, Organic Pea Protein Isolate Powder, Organic Coconut Sugar, Organic Raspberry Powder, Organic Cinnamon, Organic Guarana Seed Powder, Organic Coconut Oil, Himalayan Pink Salt, Organic Monk Fruit, Organic Peanut. Contains: Peanut, Tree Nuts (Coconut, Almonds). Contains: Organic Naturally-Occurring Caffeine (9mg)

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Total Fat 11g	17%	Dietary Fiber 6g	24%
Serving Size 1 Bar (51g)	Saturated Fat 1g	5%	Total Sugars 11g	
	Trans Fat 0g		Incl. 8g Added Sugars	22%
Amount per Serving Calories 230	Cholesterol 0g		Protein 10g	20%
	Sodium 60mg	2%	Vitamin D 0%	0%
	Total Carb. 23g	8%	Potassium 300mg	5%

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V4.1

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1. STUDY LINK: *Cordyceps Militaris*: Study Title: A study of the aphrodisiac properties of Cordyceps militaris...: <https://bit.ly/3GlvC8q>

2. STUDY LINK: *Shiitake mushroom supports satiation and decreases hunger, according to a randomized, placebo-controlled trial on overweight and obese individuals*: <https://bit.ly/4t54W8>

3. STUDY LINK: *Improving effects of the (Lions Mane) mushroom (Heridium erinaceus) on mild cognitive impairment*...: <https://bit.ly/3UxCIWw>

V1.6

eCALM®

CALMNESS AND WELLBEING



**Non
GMO**

**Gluten
Free**



**Organic
Chocolate Mint
Flavor**

TEXTURE | Soft and Light

WHOLECEUTICAL APPLICATION VALUE:

Meal Replacement. Supports a sense of calmness and wellbeing.

Discover the power of CALM, our nutritional bar crafted with ashwagandha, cordyceps, and rhodiola. These potent ingredients promote calmness and overall well-being, helping you find balance amidst the chaos. Embrace tranquility with each delicious bite and nourish your mind, body, and soul.

Directions: Consume any time.



ORGANIC ACTIVE INGREDIENTS

Ashwaganda - Calm and Focus

Ashwagandha is an adaptogenic herb that reduces stress and anxiety by lowering cortisol levels and promoting GABA activity, resulting in a calming effect on the body.¹

Cordyceps Militaris - Energy

Cordyceps Militaris contains compounds that promote relaxation, reduce inflammation, and enhance antioxidant activity, resulting in a calming effect on the body and mind.²

Rhodiola - Calming Support

Rhodiola is an adaptogenic herb that helps the body better manage stress by reducing cortisol levels and promoting relaxation, resulting in a calming effect.³



Ingredients: Organic Blanched Almonds, Organic Yacon Syrup, Organic Raw Unfiltered Honey, Organic Apple Sauce, Organic Blueberries, Dried, Organic Puffed Millet, Organic Cacao Butter, Organic Cacao Powder, CALM Mushroom Blend (Mycelial Biomass Powders: Reishi, Lion's Mane, Cordyceps), Organic Natural Flavors, Organic Coconut Sugar, Organic Ashwagandha, Organic Rhodiola, Himalayan Pink Salt, Organic Monk Fruit Extract, Organic Peanut. Contains: Peanut, Tree Nuts (Coconut, Almonds).

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bar (45g)	Total Fat 9g	14%	Dietary Fiber 5g	20%
	Saturated Fat 2g	10%	Total Sugars 9g	
	Trans Fat 0g		Including 7g Added Sugars	18%
Amount per Serving Calories 210	Cholesterol 0g		Protein 8g	16%
	Sodium 60mg	2%	Vitamin D 0%	0%
	Total Carb. 22g	7%	Potassium 300mg	5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

eBars is a dedicated Organic facility. We do not share our equipment.

V2.5

****There are no processed sugars in these bars and bites. Added sugar comes from ORGANIC RAW UNFILTERED HONEY and ORGANIC COCONUT SUGAR.**

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1. STUDY LINK: *An investigation into the stress-relieving and pharmacological actions of an ashwagandha (Withania somnifera) extract:* <https://bit.ly/41fNDM>

2. STUDY LINK: *Cordyceps: Herbal medicine for sports: a review:* <https://bit.ly/41VloZo>

3. STUDY LINK: *A Randomised, Double-Blind, Placebo-Controlled, Parallel-Group Study of the Standardised Extract SHR-5 of the Roots of Rhodiola...* <https://bit.ly/3mTcjmp>

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bite (22g)	Total Fat 4g	6%	Dietary Fiber 2g	9%
	Saturated Fat 1g	5%	Total Sugars 4g	
	Trans Fat 0g		Including 3g Added Sugars	8%
Amount per Serving Calories 95	Cholesterol 0g		Protein 4g	7%
	Sodium 25mg	1%	Vitamin D 0%	0%
	Total Carb. 10g	3%	Potassium 120mg	2%

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V1.5

e FOCUS[®]

FUNCTIONAL FOOD BAR

CALM AND FOCUSED



**Non
GMO**

**Gluten
Free**



Organic
Peanut Butter
Chocolate Flavor

TEXTURE | Soft and Crunchy

WHOLECEUTICAL APPLICATION VALUE:

Meal Replacement. Supports focus and calm under stress.

Experience the focus-enhancing benefits of FOCUS, our nutritional bar infused with guarana, Lion's Mane, and Cordyceps. Harness the power of these ingredients to sharpen your mental clarity, promote calmness, and ignite your productivity.

Directions: Consume any time.

ORGANIC ACTIVE INGREDIENTS



Guarana - Calm and Focus

Guarana is similar to caffeine*, but with a slower release into the blood-stream. This results in extended energy as well as kick starting the nervous system to begin burning fat. Focus contains a strong amount of guarana.¹



Lion's Mane - Brain Health

The Lion's Mane mushroom, known as "The Nootropic Mushroom," contains bioactive substances that are beneficial for the body, especially the brain, heart, and gut.²



Cordyceps Militaris - Energy

This amazing mushroom supports natural immunity, the relief of depression and fatigue, while improving exercise performance, and the overall wellbeing of the individual.³



Ingredients: Organic Peanut, Organic Raw Unfiltered Honey, Organic Rolled Oats, Organic Pumpkin Seeds, Organic Blueberries Dried, Organic Flaxseed, Organic Yacon Syrup, Organic Cranberries Dried, Organic Pea Protein Isolate Powder, Organic Focus Mushroom Blend (Mycelial Biomass Powders: Reishi, Lion's Mane, Cordyceps), Cinnamon, Organic Natural Flavors, Organic Cacao Butter, Organic Guarana Seed Powder, Organic Cacao Powder, Organic Coconut Sugar, Organic Coconut Oil, Himalayan Pink Salt, Organic Monk Fruit Extract, Organic Blanched Almonds. Contains: Peanut, Tree Nuts (Coconut, Almonds). Contains: Organic Naturally-Occurring Caffeine (22mg)

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bar (51g)	Total Fat 9g	14%	Dietary Fiber 5g	20%
	Saturated Fat 2g	10%	Total Sugars 9g	
	Trans Fat 0g		Incl. 7g Added Sugars	18%
Calories 230	Cholesterol 0g		Protein 8g	16%
	Sodium 60mg	2%	Vitamin D 0%	0%
	Total Carb. 22g	7%	Potassium 300mg	5%

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Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bite (22g)	Total Fat 4g	6%	Dietary Fiber 2g	8%
	Saturated Fat 1g	5%	Total Sugars 4g	
	Trans Fat 0g		Incl. 3g Added Sugars	8%
Calories 95	Cholesterol 0g		Protein 4g	7%
	Sodium 25mg	1%	Vitamin D 0%	0%
	Total Carb. 10g	3%	Potassium 120mg	2%

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V3.3

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1. STUDY LINK: *Effect of Guarana (Paullinia cupana) on Cognitive Performance: A Systematic Review and Meta-Analysis*: <https://bit.ly/3KBoh6Z>

2. STUDY LINK: *Improving effects of the (Lions Mane) mushroom (Hericium erinaceus) on mild cognitive impairment...*: <https://bit.ly/3UxCIwW>

3. STUDY LINK: *Endurance Cyclists: Effects of Ganoderma lucidum*: <https://bit.ly/3ZTRuET>

V1.5

JAVA^{aah}

JAVA'S AMAZING VITAL AROMA

EXTENDED STAMINA



**Non
GMO**

**Gluten
Free**

**Grain
Free**



**Organic
Chocolate Espresso
Flavor**

TEXTURE | Soft and Light

WHOLECEUTICAL APPLICATION VALUE:

Meal Replacement. Supports 3-4 hours of sustained focus and calm.

Java is a coffee-flavored, no-bake, grain-free, lectin-free bar made with real, freshly roasted coffee and proprietary chocolate crafted from raw cacao and free from cane sugar and lecithin. This delicious, cold-pressed bar offers a vibrant and "fresh" taste and the smooth texture of a soft brownie.

Directions: Take JAVA 15-30 minutes prior to desired result.

ORGANIC ACTIVE INGREDIENTS



Guarana

contains caffeine and other compounds that may enhance mental alertness, focus, and mood, making it a potential nootropic or cognitive enhancer.¹



Lion's Mane

Contain compounds that may stimulate nerve growth and protect against age-related cognitive decline, making them a potential nootropic or brain-boosting supplement.²



Coffee Bean

Freshly roasted and espresso ground coffee (what is in JAVA) supports cognitive function due to its high caffeine content, which can enhance alertness, concentration, and memory retention, leading to improved mental performance.³



Ingredients: Organic Almonds, Organic Yacon Syrup, Organic Raw Unfiltered Honey, Organic Cacao Butter, Organic Puffed Millet, Organic Blanched Almond Flour, Organic Natural Flavors, Organic Cacao Powder, Organic Guarana Seed Powder, Organic Coffee, Organic Lion's Mane Mushroom, Organic Monk Fruit, Himalayan Pink Sea Salt, Organic Peanut.
Contains: Peanut, Tree Nuts (Almonds).

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bar (50g)	Total Fat	12g	18%	Total Carb.	20g 7%
	Saturated Fat	2.5g	13%	Dietary Fiber	4g 16%
	Trans Fat	0g		Total Sugars	5g
	Cholesterol	0g	0%	Incl. 4g Added Sugars	9%
	Sodium	45g	2%	Protein	5g 10%
Amount per Serving		Calories 195			

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V1.7

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bite (22g)	Total Fat	5g	8%	Total Carb.	9g 3%
	Saturated Fat	1g	6%	Dietary Fiber	2g 8%
	Trans Fat	0g		Total Sugars	2g
	Cholesterol	0g	0%	Incl. 2g Added Sugars	4%
	Sodium	20g	1%	Protein	2g 4%
Amount per Serving Calories 95					

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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V2.1

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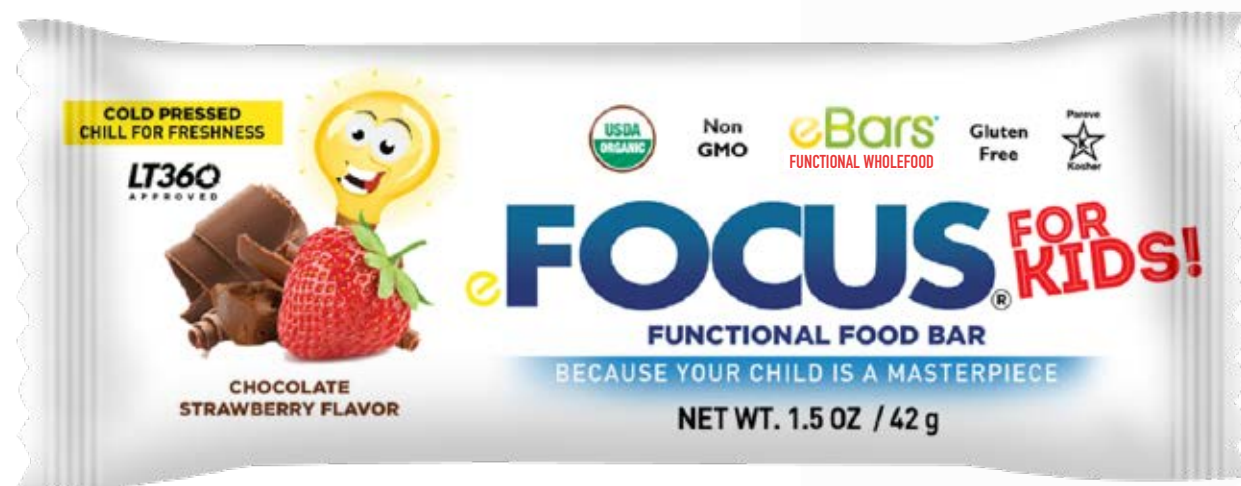
1. STUDY LINK: *Effect of Guarana (Paullinia cupana) on Cognitive Performance: A Systematic Review and Meta-Analysis*: <https://bit.ly/3KBoh6Z>

2. STUDY LINK: *Endurance Cyclists: Effects of Ganoderma lucidum*: <https://bit.ly/3ZTRuET>

2. STUDY LINK: *Caffeine as an attention enhancer: reviewing existing assumptions. Psychopharmacology*: <https://bit.ly/3oCF3QI>

FOCUS[®] FOR KIDS!

FOCUS AND ENERGY

Non
GMOGluten
Free

Organic
Chocolate Peanut
Tart Cherry Flavor

TEXTURE | Soft and Light

WHOLECEUTICAL APPLICATION VALUE:

Meal Replacement. Supports sustained focus and calmness.

Focus for Kids contains a low level of naturally occurring caffeine, under 10mg. The Mayo Clinic determined children can safely consume up to 100mg per day.

Directions: Take FOCUS for Kids 15-30 minutes prior to desired effect.

ORGANIC ACTIVE INGREDIENTS



Guarana - Calm and Focus

Guarana is similar to caffeine*, but with a slower release into the bloodstream. This results in extended energy as well as kick starting the nervous system to begin burning fat. Focus contains a strong amount of guarana.¹



Lion's Mane - Brain Health

The Lion's Mane mushroom, known as "The Nootropic Mushroom," contains bioactive substances that are beneficial for the body, especially the brain, heart, and gut.²



Cordyceps Militaris - Energy

This amazing mushroom supports natural immunity, the relief of depression and fatigue, while improving exercise performance, and the overall wellbeing of the individual.³



Ingredients: Organic Sunflower Seeds, Organic Raw Unfiltered Honey, Organic Rolled Oats, Organic Flaxseed, Organic Apple Sauce, Organic Pumpkin Seeds, Organic Cacao Butter, Organic Chia Seed, Organic Pea Protein Isolate Powder, Organic Banana Powder, Organic Coconut Sugar, Organic Strawberry Powder, Organic Coconut Oil, Organic Cacao Powder, Organic Cinnamon, Organic Raspberry Powder, Organic Natural Flavors, Organic Brown Rice Crisps, Organic Blueberries Dried, Organic Cranberries Dried, Organic Guarana Seed Powder, Himalayan Pink Salt, Organic Monk Fruit, Organic Peanut, Organic Blanched Almonds. Contains: Peanut, Tree Nuts (Coconut, Almonds).

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Total Fat 9g	14%	Dietary Fiber 5g	20%
Serving Size	Saturated Fat 2g	10%	Total Sugars 9g	
1 Bar (42g)	Trans Fat 0g		Incl. 7g Added Sugars 18%	
Amount per Serving	Cholesterol 0g		Protein 8g	16%
Calories 195	Sodium 60mg	2%	Vitamin D 0%	0%
	Total Carb. 18g	6%	Potassium 300mg	5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

eBars is a dedicated Organic facility. We do not share our equipment.

V.3.1

**There are no processed sugars in these bars and bites. Added sugar comes from ORGANIC RAW UNFILTERED HONEY and ORGANIC COCONUT SUGAR.

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

1. STUDY LINK: *Effect of Guarana (Paullinia cupana) on Cognitive Performance: A Systematic Review and Meta-Analysis*: <https://bit.ly/3KBOh6Z>
2. STUDY LINK: *Improving effects of the (Lions Mane) mushroom (Hericium erinaceus) on mild cognitive impairment...*: <https://bit.ly/3UxCIYw>
3. STUDY LINK: *Endurance Cyclists: Effects of Ganoderma lucidum*: <https://bit.ly/3ZTRuET>

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Total Fat 4g	6%	Dietary Fiber 2g	8%
Serving Size	Saturated Fat 1g	5%	Total Sugars 4g	
1 Bite (22g)	Trans Fat 0g		Incl. 3g Added Sugars 8%	
Amount per Serving	Cholesterol 0g		Protein 4g	7%
Calories 95	Sodium 25mg	1%	Vitamin D 0%	0%
	Total Carb. 8g	2%	Potassium 120mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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V1.3

eTRIM®

TASTY REPLACEMENT INBETWEEN MEALS

HUNGER BLOCK

Non
GMOGluten
FreeGrain
Free

Organic
Chocolate
Brownie Flavor

TEXTURE | Soft and Light

WHOLECEUTICAL APPLICATION VALUE:

Meal Replacement. Pre and post workout. Supports sustained focus and calmness. Supports a delayed release of lactic acid for extended endurance.

The TRIM bar promotes weight management by utilizing whole food ingredients to support the regulation of hunger hormones, specifically leptin and ghrelin. The TRIM bar's nutritionally dense and dynamic formulation offers an effective solution to satiation.

Directions: Take FOCUS Sport 15-30 minutes prior to athletic event.

ORGANIC ACTIVE INGREDIENTS



Cordyceps - Immune Function

Cordyceps support immune function. This can slow the aging process by improving the activity of healthy enzymes while slowing the activity of corrosive enzymes.¹



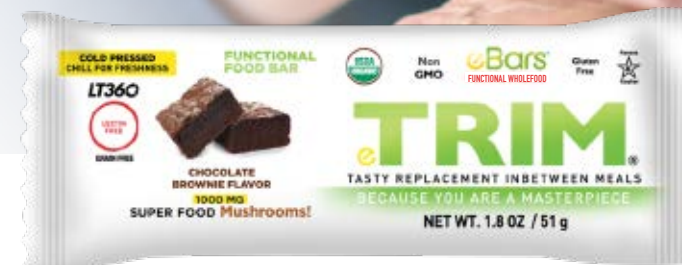
King's Trumpet - Hunger Support

Kings Trumpet mushroom is a low-calorie, high-fiber food that can help suppress hunger by increasing feelings of fullness, aiding in weight management and regulating blood sugar levels.²



Maitake

Maitake mushrooms can enhance gut health by improving microbiota, reducing inflammation, and preventing digestive disorders like colitis and leaky gut. They also promote prebiotic effects, encouraging growth of beneficial bacteria.³



Ingredients: Organic Blanched Almonds, Organic Yacon Syrup, Organic Raw Unfiltered Honey, Organic Puffed Millet, Organic Cacao Powder, Organic TRIM Mushroom Blend (Mycelial Biomass Powders: Shitake, Maitake, Cordyceps Militaris, King's Trumpet), Organic Natural Flavors, Organic Cacao Butter, Organic Guarana Seed Powder, Organic Monk Fruit, Organic Peanut, Himalayan Pink Salt. Contains: Peanut, Tree Nuts (Coconut, Almonds).

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Total Fat 12g	18%	Total Carb. 20g	7%
	Saturated Fat 2.5g	13%	Dietary Fiber 4g	16%
	Trans Fat 0g		Total Sugars 5g	
	Cholesterol 0g	0%	Incl. 4g Added Sugars	9%
Serving Size 1 Bar (51g)	Sodium 45g	2%	Protein 6g	12%
Amount per Serving Calories 195				

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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V1.4

**There are no processed sugars in these bars and bites. Added sugar comes from ORGANIC RAW UNFILTERED HONEY.

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1. STUDY LINK: *Endurance Cyclists: Effects of Ganoderma lucidum*: <https://bit.ly/3ZTRuET>

2. STUDY LINK: *Medicinal Mushrooms: Bioactive Compounds, Use, and Clinical Trials*: <https://bit.ly/3Haj2iq>

3. STUDY LINK: *Mushrooms and immunity*: <https://bit.ly/4ICDuRA>

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Total Fat 5g	8%	Total Carb. 9g	3%
	Saturated Fat 1g	6%	Dietary Fiber 2g	8%
	Trans Fat 0g		Total Sugars 2g	
	Cholesterol 0g	0%	Incl. 2g Added Sugars	4%
Serving Size 1 Bite (22g)	Sodium 20g	1%	Protein 2g	4%
Amount per Serving Calories 95				

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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V1.7



ANTI-INFLAMMATORY SUPPORT



Non
GMO

Gluten
Free



Organic
Chocolate Peanut
Tart Cherry Flavor

TEXTURE | Soft and Light

WHOLECEUTICAL APPLICATION VALUE:

Meal Replacement. Joint and Ligament Health. Anti-Inflammatory Support.

The HEAL bar is formulated with premium superfood ingredients, including Tart Cherry Juice for joint pain relief, inflammation reduction, and improved immunity, organic Moringa Oleifera for antioxidant support, and organic non-GMO Pumpkin, Flax, and Hemp seeds as a source of plant-based protein.

Directions: Take 15-30 minutes prior to desired effect.

ORGANIC ACTIVE INGREDIENTS



Maitake

Contain beta-glucans, a type of polysaccharide that may help reduce inflammation and boost immune function, making them a potential anti-inflammatory agent.¹



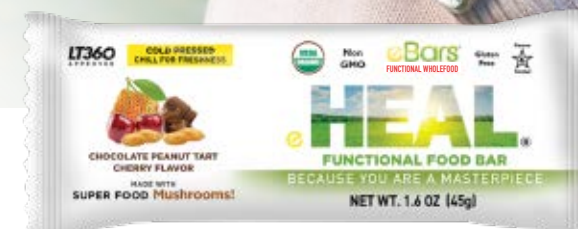
Tart Cherries

Tart cherry contains anthocyanins and other polyphenols that may have anti-inflammatory effects.²



Kings Trumpet

Kings Trumpet, a type of mushroom, contains ergothioneine and other compounds that have been shown to have anti-inflammatory properties, helping to combat inflammation in the body.³



Ingredients: Organic Peanut, Organic Raw Unfiltered Honey, Organic Rolled Oats, Organic Pumpkin Seeds, Organic Chia Seed, Organic Flaxseed, Organic Yacon Syrup, Organic Pea Protein Isolate Powder, Organic HEAL Mushroom Blend (Mycelial Biomass Powders: Shitake, Maitake, Lion's Mane, Turkey Tail, King's Trumpet), Organic Tart Cherry Juice, Organic Cacao Butter, Organic Blueberries Dried, Organic Cranberries Dried, Organic Cacao Powder, Organic Coconut Oil, Organic Natural Flavors, Organic Raspberry Powder, Organic Brown Rice Crisps, Organic Guarana Seed Powder, Himalayan Pink Salt, Organic Blanched Almonds. Contains: Peanut, Tree Nuts (Coconut, Almonds)

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bite (22g)	Total Fat 4g	6%	Dietary Fiber 2g	8%
	Saturated Fat 1g	4%	Total Sugars 4g	
	Trans Fat 0g		Incl. 3g Added Sugars	7%
	Cholesterol 0g		Protein 4g	8%
Amount per Serving Calories 95	Sodium 25mg	1%	Vitamin D 0%	0%
	Total Carb. 9g	3%	Potassium 120mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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V1.5

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bite (22g)	Total Fat 4g	6%	Dietary Fiber 2g	8%
	Saturated Fat 1g	4%	Total Sugars 4g	
	Trans Fat 0g		Incl. 3g Added Sugars	7%
	Cholesterol 0g		Protein 4g	8%
Amount per Serving Calories 95	Sodium 25mg	1%	Vitamin D 0%	0%
	Total Carb. 9g	3%	Potassium 120mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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V1.5

**There are no processed sugars in these bars and bites. Added sugar comes from ORGANIC RAW UNFILTERED HONEY.

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

1. STUDY LINK: **Mushrooms and immunity:** <https://bit.ly/41CDuRA>

2. STUDY LINK: **Efficacy of Tart Cherry Juice to Reduce Inflammation Biomarkers among Women with Inflammatory:** <https://bit.ly/3L0zQd3>

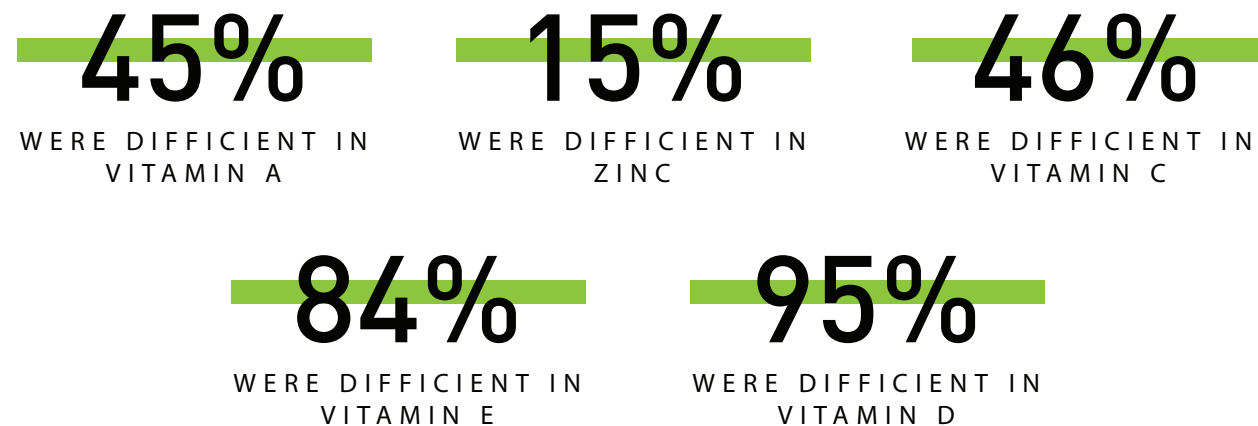
3. STUDY LINK: **Medicinal Mushrooms: Bioactive Compounds, Use, and Clinical Trials:** <https://bit.ly/3Haj2iq>

eIMMUNE®

MULTI-VITAMIN SUPPORT

THE REAL PROBLEM

A major study, on critical nutrients for immunity, involving over 26,000 participants, showed:



WHAT'S CAUSING THIS?

Synthetic/Artificial Nutrients

What are synthetic supplements? They are isolated nutrients (vitamins, antioxidants, minerals, and amino acids) designed to mimic natural nutrients found in foods, usually made artificially, in an industrial process.

Over 50% of the US population take synthetic/artificial nutrients. Synthetic nutrients are designed to mimic the natural nutrients found in food.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3798928/>



IMMUNE: THE "REAL" SOLUTION

Whole Food Nutrients are made from concentrated, dehydrated whole foods.

"Research has demonstrated significant differences between synthetic and natural nutrients."
Healthline.com

THE ULTIMATE MEAL REPLACEMENT WITH AMAZING HEALTH BENEFITS!



THE STORY OF IMMUNE

The Immune Bar is a story that deserves telling. In 2018, we set out to make the world's best meal replacement in the market. What would this have to look like? Primarily, it would have to offer more vitamins and minerals and energy from an organic whole food source than anything. Sadly, after 1 year, and one road block after another, we threw in the towel, a first for us. A short time later, Amber Dalton, the daughter of co-founder, David Dalton, offered to pick the "torch" back up, after 2 months, she came back, with what proved to be the winning touch. It took another 2 years, to fine tune the bar you see today. Immune contains 18 vitamins and minerals, 15 of which are over 100% of the RDI (Recommended Daily Intake), all of which makes the most nutritionally dense bar that's in the market today.

Application Value: Comprehensive Meal Replacement. 15 (Organic & Whole Food based) Vitamins and Minerals at 100% or greater of the RDI (Recommended Daily Intake). Vitamins: A, B1, B2, B3, B5, B6, B9, C, D2, Minerals: Biotin, Magnesium, Zinc, Iron, Manganese, Potassium, Selenium, Calcium.



What are synthetic supplements? They are isolated nutrients (vitamins, antioxidants, minerals, and amino acids) designed to mimic natural nutrients found in foods, usually made artificially, in an industrial process.

Dr. Judy Woolger

eIMMUNE®

MULTI-VITAMIN SUPPORT

Comprehensive Meal Replacement. 15 (Organic & Whole Food based) Vitamins and Minerals at 100% or greater of the RDI (Recommended Daily Intake). Vitamins: A, B1, B2, B3, B5, B6, B9, C, D2, Minerals: Biotin, Magnesium, Zinc, Iron, Manganese, Potassium, Selenium, Calcium.

ORGANIC ACTIVE INGREDIENTS



Guarana - Calm and Focus

Guarana is similar to caffeine*, but with a slower release into the blood-stream. This results in extended energy as well as kick starting the nervous system to begin burning fat.

STUDY LINK: *Effect of Guarana (Paullinia cupana) on Cognitive Performance: A Systematic Review and Meta-Analysis*: <https://bit.ly/3KBOh6Z>



Turkey Tail

Extensive studies have been conducted on the culinary mushroom, Turkey tail, and it medicinal benefits. While the benefits can range from a healthy urinary tract, to digestive tract, and a energy boosting components, overall, nothing has been as promising as it's overall contribution to immunity.

STUDY LINK: *Trametes versicolor protein YZP activates regulatory B lymphocytes*: <https://bit.ly/3MsMYKd>



Reishi

reishi is capable of modulation of cytokines, the cell signaling compounds within the brain involved in immune and anti-inflammatory responses. Other studies show reishi protects the body against stress.

STUDY LINK: *Endurance Cyclists: Effects of Ganoderma lucidum*: <https://bit.ly/3ZTRuET>



Agaricus Blazei Mushrooms

Agaricus Blazei have been used as traditional medicine for centuries to help with diseases, infections, and allergies. Studies show they support insulin levels, may help regulate blood sugar, supports the immune system to help fight off viruses and bad bacteria.and a energy boosting components, overall, nothing has been as promising as it's overall contribution to immunity.

STUDY LINK: *Effects of the medicinal mushroom Agaricus blazei Murill on immunity*: <https://pubmed.ncbi.nlm.nih.gov/18782264/>



Maitake Mushrooms

Maitake Mushrooms Dancing Mushrooms got its nickname after people started dancing upon discovering it's health benefits. Maitake Mushrooms are rich in antioxidants, Vitamins B, Vitamins C, Copper, Potassium, Fiber, Minerals, and Amino Acids.

STUDY LINK: *Mushrooms and immunity*: <https://bit.ly/4ICDuRA>

Organic Cocoa Tangerine Flavor

TEXTURE | Soft and Light



WHOLECEUTICAL APPLICATION VALUE:

Calm, extended energy, fat burning, immunity-boosting, urinary & digestive health, anti-inflammatory, stress protection, disease-fighting, insulin support

IMMUNE is powered by nature's miracles. Guarana brings calm focus and sustained energy. Turkey Tail strengthens immunity and supports vital systems. Reishi regulates inflammation and combats stress. Agaricus Blazei fights diseases and aids blood sugar control. Maitake Mushrooms provide antioxidants and essential nutrients. Unleash your body's natural defense with IMMUNE.

Directions: Consume any time.



Nutrition Facts			
Serving Size 1 Bar (51g)			
Amount per Serving			
Calories		195	
Amount/Serving		% DV*	
Total Fat	10g	15%	
Saturated Fat	3g	15%	
Trans Fat	0g		
Cholesterol	0g		
Sodium	25mg	1%	
Total Carb.	20g	6%	
Dietary Fiber	4g	16%	
Total Sugars	7g		
Incl. 5g Added Sugars		11%	
Protein	5g	10%	
Vitamins & Minerals			
Vitamin A	330iu	11%	Iron 2mg 11%
Vitamin B1	28mg	2350%	Manganese 4437 mg 193%
Vitamin B2	27mg	2075%	Potas. 164mg 4%
Vitamin B3	61mg	385%	Selenium 82ug 149%
Vitamin B5	64mg	1267%	Calcium 70mg 5%
Vitamin B6	91mg	5385%	
Vitamin B9 (Folate)	418mg	104%	
Vitamin C	117mg	130%	
Vitamin D2	2072iu	259%	
Vitamin E	117mcg	780%	
Biotin	100mcg	150%	
Magnesium	70mg	17%	
Zinc	11 mg	102%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Blanched Almonds, Organic Raw Unfiltered Honey, Organic Yacon Syrup, Organic Puffed Millet, Organic Natural Flavors, Organic IMMUNE Mushroom Blend (Mycelial Biomass Powders: Turkey Tail, Maitake, Reishi, Agaricus Biosporus), Orgen® Organic Blend (Amla Fruits, Guava Fruits, Holy Basil Leaves, Curry Leaves, Lemon Fruits Extracts), Organic Cacao Powder, Organic Citric Acid, Organic Cranberries Dried, Organic Cacao Butter, Organic Moringa Oleifera, Organic Blueberries Dried, Himalayan Pink Salt, Organic Peanut. Contains: Peanut, Tree Nuts (Almonds).

eBars is a dedicated Organic facility. We do not share our equipment.

Nutrition Facts			
Serving Size 1 Bar (20g)			
Amount per Serving			
Calories		80	
Amount/Serving		% DV*	
Total Fat	4g	6%	
Saturated Fat	1.5g	6%	
Trans Fat	0g		
Cholesterol	0g		
Sodium	10mg	1%	
Total Carb.	8g	2%	
Dietary Fiber	2g	8%	
Total Sugars	3g		
Incl. 2g Added Sugars		4%	
Protein	3g	6%	
Vitamins & Minerals			
Vitamin A	132iu	5%	Iron 1mg 5%
Vitamin B1	11mg	940%	Manganese 1775 mg 77%
Vitamin B2	11mg	830%	Potas. 66mg 2%
Vitamin B3	24mg	154%	Selenium 33ug 60%
Vitamin B5	26mg	506%	Calcium 28mg 2%
Vitamin B6	36mg	2154%	
Vitamin B9 (Folate)	167mg	42%	
Vitamin C	47mg	52%	
Vitamin D2	829iu	104%	
Vitamin E	47mcg	312%	
Biotin	40mcg	60%	
Magnesium	28mg	7%	
Zinc	4mg	41%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

e FOCUS SPORT®

EXTENDED FOCUS



**Non
GMO**

**Gluten
Free**



**Organic
Peanut Butter
Chocolate Flavor**

TEXTURE | Soft and Crunchy

ORGANIC ACTIVE INGREDIENTS



Guarana - Calm and Focus

Guarana is similar to caffeine*, but with a slower release into the bloodstream. This results in extended energy as well as kick starting the nervous system to begin burning fat. Focus Sport contains the strongest amount of guarana.¹



Lion's Mane - Brain Health

The Lion's Mane mushroom, known as "The Nootropic Mushroom," contains bioactive substances that are beneficial for the body, especially the brain, heart, and gut.²



Cordyceps Militaris - Energy

This amazing mushroom supports natural immunity, the relief of depression and fatigue, while improving exercise performance, and the overall wellbeing of the individual.³

WHOLECEUTICAL APPLICATION VALUE:

Meal Replacement. Pre and post workout. Supports sustained focus and calmness. Supports a delayed release of lactic acid for extended endurance.

FOCUS Sport supports the brain's simultaneous triggering of five neurotransmitters responsible for alertness and calmness (Norephedrine (adrenaline), oxytocin, anadmine, serotonin, dopamine). Sits lightly on the stomach.

Directions: Take FOCUS Sport 15-30 minutes prior to athletic event.

eBars
BETTER FUEL. BETTER PERFORMANCE.



**CERTIFIED
OPEN**
ORGANIC
PERFORMANCE ENHANCING NUTRITION



Ingredients: Organic Peanut, Organic Raw Unfiltered Honey, Organic Rolled Oats, Organic Pumpkin Seeds, FOCUS SPORT Mushroom Blend (Mycelial Biomass Powders: Reishi, Lion's Mane, Cordyceps), Organic Blueberries Dried, Organic Flaxseed, Organic Yacon Syrup, Organic Cranberries Dried, Organic Pea Protein Isolate Powder, Organic Chia Seeds, Organic Brown Rice Crisps, Organic Cacao Butter, Organic Guarana Seed Powder, Organic Natural Flavors, Organic Cacao Powder, Organic Coconut Sugar, Organic Cinnamon, Organic Coconut Oil, Organic Monk Fruit, Himalayan Pink Salt, Organic Blanched Almonds. Contains: Peanut, Tree Nuts (Coconut, Almonds). Contains: Organic Naturally-Occurring Caffeine (33mg)

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 Bar (60g)	Total Fat 13g	20%	Dietary Fiber 7g	28%
	Saturated Fat 2g	10%	Total Sugars 9g	
	Trans Fat 0g		Incl. 7g Added Sugars	18%
Amount per Serving Calories 280	Cholesterol 0g		Protein 12g	25%
	Sodium 70mg	2%	Vitamin D 0%	0%
	Total Carb. 22g	7%	Potassium 360mg	6%

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V2.6

**There are no processed sugars in these bars and bites. Added sugar comes from ORGANIC RAW UNFILTERED HONEY and ORGANIC COCONUT SUGAR.

FOCUS Sport contains less than 30mg of **naturally**-occurring caffeine.

The Mayo Clinic had determined that an adult can safely consume 400mg of caffeine per day, and a child 100mg per day. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, mitigate, or prevent any disease.

1. STUDY LINK: *Effect of Guarana (Paullinia cupana) on Cognitive Performance: A Systematic Review and Meta-Analysis*: <https://bit.ly/3KBoH6Z>

2. STUDY LINK: *Endurance Cyclists: Effects of Ganoderma lucidum*: <https://bit.ly/3ZTRuET>

3. STUDY LINK: *Improving effects of the (Lions Mane) mushroom (Heriicum erinaceus) on mild cognitive impairment...*: <https://bit.ly/3UxCIYw>

V1.8



EXTENDED STAMINA



Non
GMO

Gluten
Free



Organic
Peanut Butter
Chocolate Raspberry
Flavor

TEXTURE | Soft and Crunchy

WHOLECEUTICAL
APPLICATION VALUE:

Meal Replacement. Pre and post workout. Supports sustained focus and calmness. Supports a delayed release of lactic acid for extended endurance.

The FIT (For Intense Training) bar is engineered with a primary emphasis on increasing exercise performance, through support of the delay in lactic acid. FIT contains the largest amount of the organic active ingredient (Cordyceps Militaris) which is responsible for increasing endurance.

Directions: Take FOCUS Sport 15-30 minutes prior to athletic event.

ORGANIC ACTIVE INGREDIENTS



Cordyceps Militaris

Improves vitality and endurance naturally by supporting respiration, oxygen delivery and ATP synthesis. Cordyceps supports aerobic endurance in athletes. Cordyceps supports increases circulation.¹



Reishi

Reishi may support cardiac blood flow and increase blood oxygenation. It is also considered an antioxidant, anti-inflammatory. Reishi may also speed post-workout recovery.²



Turkey Tail

Turkey Tail Mushrooms contain polysaccharides and antioxidants that may improve exercise performance, reduce fatigue, and boost immune function, making them a potential fitness enhancer.³



Ingredients: Organic Peanut, Organic Raw Unfiltered Honey, Organic Pea Protein Isolate Powder, Organic Chia Seed, Organic Yacon Syrup, Organic Rolled Oats, Organic Flaxseed, Organic FIT Mushroom Blend (Mycelial Biomass Powders: Reishi, Shitake, Turkey Tail, Cordyceps), Organic Pumpkin Seed, Organic Cranberries Dried, Organic Blueberries Dried, Organic Brown Rice Crisps, Organic Cacao Powder, Organic Raspberry Powder, Organic Cinnamon, Organic Natural Flavors, Organic Guarana Seed Powder, Organic Coconut Oil, Organic Cacao Butter, Himalayan Pink Salt, Organic Blanched Almonds. Contains: Peanut, Tree Nuts (Almonds).

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Total Fat 13g	20%	Dietary Fiber 7g	28%
Serving Size 1 Bar (60g)	Saturated Fat 2g	10%	Total Sugars 10g	
	Trans Fat 0g		incl. 7g Added Sugars	19%
Amount per Serving Calories 280	Cholesterol 0g		Protein 12g	25%
	Sodium 70mg	2%	Vitamin D 0%	0%
	Total Carb. 20g	7%	Potassium 360mg	6%

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V3.1

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1. STUDY LINK: *Beneficial Effect of Cordyceps militaris on Exercise Performance via Promoting Cellular Energy Production*: <https://bit.ly/3o1IFKf>

2. STUDY LINK: *Endurance Cyclists: Effects of Ganoderma lucidum*: <https://bit.ly/3ZTRuET>

3. STUDY LINK: *Trametes versicolor protein YZP activates regulatory B lymphocytes*: <https://bit.ly/3MsMYKd>

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Total Fat 6g	10%	Dietary Fiber 3g	14%
Serving Size 1 Bite (28g)	Saturated Fat 1g	5%	Total Sugars 4g	
	Trans Fat 0g		incl. 3g Added Sugars	9%
Amount per Serving Calories 135	Cholesterol 0g		Protein 6g	12%
	Sodium 35mg	1%	Vitamin D 0%	0%
	Total Carb. 11g	4%	Potassium 180mg	3%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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V1.6

MUSIC

City's BAR

HUNGER BLOCKING SUPPORT



**Non
GMO**

**Gluten
Free**

**Grain
Free**



**LECTIN
FREE**



Organic
Decdent Chocolate
Raspberry Flavor

TEXTURE | Soft and light

WHOLECEUTICAL APPLICATION VALUE:

Guilt-free dessert. Grain and lectin-free ingredients support anti-inflammatory. Low glycemic for no sugar crash.

Get ready to rock your taste buds with the Music City Bar, a healthy dessert alternative as flavorful as Nashville is musical. Pair it with a glass of red wine, a scoop of ice cream, or a hot cup of coffee, the Music City Bar is the ultimate jam session for your taste buds. You don't have to sacrifice taste for health with the Music City Bar.

Directions: For a flavor jam session, consume anytime!

ORGANIC ACTIVE INGREDIENTS



Raw, Unfiltered Honey

Raw, unfiltered honey is a natural sweetener with antibacterial properties that boost immunity, soothe coughs, and allergies. It also supports digestive health and provides antioxidants.¹



Puffed Millet

Puffed millet is a nutrient-dense, lectin-free seed that offers high fiber, protein, and essential vitamins and minerals for improved digestion, energy, and overall health.²



Raw Cacao

Raw cacao is packed with antioxidants, fiber, essential minerals, and healthy fats that promote heart health, brain function, mood, digestion, and skin health. It also supports immunity, weight management, and exercise performance, making it a superfood for overall well-being.³



Ingredients: Organic Blanched Almonds, Organic Raw Unfiltered Honey, Organic Rolled Oats, Organic Flaxseed, Organic Pea Protein Isolate Powder, Organic Pumpkin Seed, Organic Cacao Butter, Organic Cacao Powder, Organic Apple Sauce, Organic Natural Flavors, Organic Coconut Sugar, Organic Raspberry Powder, Organic Coconut Shreds, Organic Coconut Oil, Organic Cranberries Dried, Organic Maqui Berry Powder, Himalayan Pink Salt, Organic Peanut.
Contains: Peanut, Tree Nuts (Coconut, Almonds).

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Total Fat 9g	14%	Dietary Fiber 6g	24%
Serving Size 1 Bar (51g)	Saturated Fat 2g	10%	Total Sugars 12g	
	Trans Fat 0g		Incl. 9g Added Sugars	23%
Amount per Serving	Cholesterol 0g		Protein 8g	16%
Calories 210	Sodium 44mg	1%	Vitamin B9 400mg	100%
	Total Carb. 22g	7%	Potassium 300mg	5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

eBars is a dedicated Organic facility. We do not share our equipment.

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Total Fat 4g	6%	Dietary Fiber 3g	10%
Serving Size 1 Bite (22g)	Saturated Fat 1g	5%	Total Sugars 5g	
	Trans Fat 0g		Incl. 4g Added Sugars	10%
Amount per Serving	Cholesterol 0g		Protein 3g	6%
Calories 95	Sodium 18mg	1%	Vitamin B9 170mg	40%
	Total Carb. 9g	3%	Potassium 120mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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V1.9

**There are no processed sugars in these bars and bites. Added sugar comes from ORGANIC RAW UNFILTERED HONEY and ORGANIC COCONUT SUGAR.

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

1. STUDY LINK: **8 Raw Honey Benefits for Health:** <https://bit.ly/2Mp4z8e>

2. STUDY LINK: **Millet derived bioactive peptides: A review on their functional properties and health benefits:** <https://shorturl.at/xHP18>

3. STUDY LINK: **Physicochemical properties and antioxidant capacity of raw, roasted and puffed cacao beans:** <https://shorturl.at/yAC03>

V1.4



YOUR VALUE

(Because You Are a Masterpiece: Eph 2:10)

Our core value is anchored in the belief that you have a right to be treated with dignity.

We believe that there is an intrinsic power to confer dignity through the preparation and offer of food. It would be planted wisely, nourished and then harvested for your enjoyment, pleasure, and health.

Our contribution to the world and to you is made through what we have the honor to prepare people to 'EAT.'

We think of E...A...T... is an acronym, describing a rare and triune synergy created when Earth, Art and Technology are skillfully blended.

EARTH

We carefully begin every recipe with the intent to use the purest ingredients the earth has to offer: Certified USDA Organic, Certified Parve (Dairy Free) Kosher, Gluten-Free, and Non GMO Superfoods (Nutrient Dense).

ART

We artfully thrill the palate, handcrafting organic ingredients based on the unique taste and texture preferences of men and women.

TECHNOLOGY

We strategically harness nature's most potent superfoods, creating a competitive edge for both high-performance athletes and purpose-driven individuals.

Dave and Jan Dalton
Founders

NEW BAR COMING SOON

Imagine better REST.

Awaken to the profound potential of restorative sleep with REST, the extraordinary bar meticulously crafted to inspire relaxation and rejuvenation. As it slowly nourishes your body during slumber, experience extended, profound REM rest. Enriched with caffeine-free wonders like ashwagandha and rhodiola, it unlocks tranquil nights and invigorated mornings. Embrace the transformative power of uninterrupted, profound slumber.

