



## Key characteristics

- \* A combination of high, medium and low Glycemic Index (GI) ingredients
- \* High in antioxidants which help protect cells from damage
- \* High protein content
- \* Cocoa powder contains flavonoids which help the body process nitric oxide critical for healthy blood flow and blood pressure
- \* Rice crisps are high in iron and B vitamins, folic acid, thiamin and niacin

Chocolate Fig Fiesta has the highest protein content of all of the bars. The chocolate in Chocolate Fig Fiesta enhances the creaminess of the bar to make it a particularly rewarding energy boost during an expedition. The combination of the figs and the chocolate drops makes the Chocolate Fig Fiesta high in antioxidants. High antioxidant content can enhance recovery of the cells after training or an adventure.



## Chocolate Fig Fiesta

....Chocolate, fig & crushed almond

Ingredients	Content %	GI index	GI rated	Nutrition
Rice Syrup	32%	100	High	Rice syrup is a high GI and high calorie energy source.
Figs	25%	61	Medium	Figs are a good source of potassium which helps control blood pressure. They are also high in calcium, dietary fibre and antioxidants.
Oatmeal	15%	55	Low	Oatmeal contains iron, calcium, Vitamin A, protein, fibre and almost no fat. High in B vitamins which are essential for energy release and heart health promoting folate which lowers homocysteine levels.
Flaked Almonds	5%	20	None	Almonds are high in monounsaturated fat which can reduce the risk of heart disease. High in Vitamin E and flavonoids which have an antioxidant effect on cells. High in magnesium and potassium which contributes to heart health as both minerals are required for muscle contraction and nerve transmission.
Rice Crisps	5%	7	High	Rice is an excellent source of carbohydrates. Rice is high in iron and B vitamins, folic acid, thiamin, and niacin. Rice is naturally free from sodium and cholesterol.
Standard Oats	4%	58	Medium	Oats contain certain antioxidants which are present only in oats that help prevent free radical damage to LDL cholesterol, thus helping reduce the risk of cardiovascular disease. High in manganese which helps lower cholesterol by removing cholesterol from the digestive system.
Chocolate Drops	3%	49	Medium	Contains soya lecithin which acts as a source of choline, and flavanoids which help dissolve fat and cholesterol.
Whey Powder	3%	20	Low	High in protein, with no fat.
Soy Flour	2%	25	Low	High in protein. High in amino acids. Contains protective phytochemicals such as phytoestrogens and isoflavones.
Cocoa Powder	2%	20	Low	Contains flavonoids (plant compounds with antioxidant properties) which help the body process nitric oxide, critical for healthy blood flow and blood pressure.
Shelled Hempseed	2%	10	Low	Shelled hempseed is 40% more nutritious than whole hempseed. It contains nutrients that help moderate blood sugar level. High in essential fatty acids, essential amino acids and fibre. Contains lecithin which assists in the breakdown of fats and enhances liver metabolism and enzyme production.
Puffed Quinoa	2%	55	Low	High in protein. Includes all nine essential amino acids. Rich in lysine, essential for muscle growth and repair.