



### Key characteristics

- \* 100% Organic; all ingredients are certified organic by the Soil Association
- \* A combination of high and low Glycemic Index (GI) ingredients
- \* Hempseeds help moderate blood sugar levels
- \* Liquorice has strong anti-inflammatory properties
- \* Fennel seed is an excellent source of Vitamin C

Liquorice Allsports is a delicious, easy-to-eat bar with ideal levels of protein and carbohydrates and a great liquorice and coconut taste.



## Liquorice Allsports

...Liquorice, coconut & fennel seed

Ingredients	Content %	GI index	GI rated	Nutrition
Rice Syrup	39%	100	High	Rice syrup is a high GI and high calorie energy source.
Rolled Oats	22%	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.
Coconut	21%	42	Low	Coconut is high in calcium, contains no cholesterol, and is low in sodium. Coconut is a good source of carbohydrate and fibre and contains a small amount of protein.
Rice Crisps	5%	77	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.
Whey Powder	5%	20	Low	High in protein, with no fat.
Liquorice	4%	75	High	Liquorice helps to maintain stomach acid levels and therefore may help in weight control treatments. Liquorice has anti-inflammatory properties and is known to act on bodily tissue in much the same way as cortisone but without the negative side effects.
Fennel Seed	2%	10	Low	High in vitamin C and fibre. Fennel has strong antioxidant activity because it contains phytonutrients, flavonoids, and various kaempferol glycosides.
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.