



## Key characteristics

- \* A combination of high and low Glycemic Index (GI) ingredients
- \* Whey enriched for high protein with no fat
- \* High carbohydrate and fat content
- \* Goji Berry is very high in antioxidants which help protect cells from damage
- \* Pineapple is rich in bromelain which is a digestive enzyme with anti-inflammatory properties

Piñacolada has the highest energy, carbohydrate, sugar, and fat content of all of the bars. This makes it the best choice for extended cardiovascular training and endurance events. The mixture of pineapple, coconut and Goji berries enhances the antioxidant content.



**Piñacolada** ....Pineapple, coconut & goji berry

Ingredients	Content %	GI index	GI rated	Nutrition
Rice Syrup	36%	100	High	Rice syrup is a high GI and high calorie energy source.
Pineapple	33%	66	Medium	High in manganese, Vitamin C and Vitamin B1. Contains bromelain which is a digestive enzyme that has anti-inflammatory properties and aids wound healing.
Toasted Coconut	8%	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.
Oatmeal	4%	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.
Rolled 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.
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.
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.
Goji Berry	1%	29	Low	Goji berries are possibly the highest antioxidant food on earth and are rich in Vitamins B1, B2, B6, Vitamin E and Vitamin C. Goji berries contain approximately 13% protein. Goji berries are high in iron and beta carotene. They are also famed for boosting immunity, lowering cholesterol and relieving depression.