



Natural Wellness Centers of America Inc.  
27071 Cabot Road Suite #121  
Laguna Hills CA 92653  
Call to Order (949) 600-6515 (888) 207-3480  
Order on Line [www.naturalwellness.com](http://www.naturalwellness.com)

## ProBar Nutritional Quick Facts

### Now 100% Organic

Raw nuts and seeds provide the highest quality source of healthy and critical fats, including the Essential Fatty Acids. Essential fatty acids are frequently deficient in the diet, especially in athletes. Nuts and seeds also are a superb protein source.

1. **Natural Unsalted Almond Butter for energy and recovery**. Provides healthy fats, protein, and carbohydrate, particularly monounsaturated fats.
2. **Brazil Nuts for strong immunity** 100g of Brazils contain 12g protein, 61g fat, 2.8mg iron, 180mg calcium, 4.2mg zinc Brazils also are nature's richest source of selenium.
3. **Almonds increase stamina** and are particularly nutritious, 100g contain 16.9g protein, 4.2mg iron, 250mg calcium, 20mg vitamin E, 3.1mg zinc and 0.92mg vitamin B2.
4. **Cashews support the adrenals** Rich in polyunsaturated fats, protein and carbohydrate. Raw cashews are a great source of pantothenic acid.
5. **Sesame Seed supports strong bones** A good source of protein and super rich in calcium, 100g sesame seeds contain 26.4g protein, 12.6mg vitamin B3, 7.8mg iron, 131mg calcium and 10.3mg zinc.
6. **Sunflower Seed protects the heart** A good source of potassium and phosphorous, 100g sunflower seeds also contain 24g protein and 7.1mg iron and 120mg calcium.
7. **Pumpkin Seeds bring oxygen to the muscles** rich in protein, iron, zinc and phosphorous. 100g pumpkin seeds contain 29g protein, 11.2mg iron and 1144mg phosphorous.
8. **Flax Seeds cool inflammation**, provide essential fatty acids, 15-25% of flax seed is omega-3 which helps enhance joint flexibility, strengthens immunity, boosts energy and stamina, normalizes blood pressure, increases fat burning, promotes blood sugar balance, supports healthy kidney and liver function, heightens mood and clarity, eases PMS and menopause systems, maintains healthy skin, nails, and has a positive effect on cholesterol and triglycerides.
9. **Hemp Seed speeds recovery** Like Flax Seed is rich in essential acids fatty – Omega 3, 6, & 9, Protein and Vitamin E.

10. **Natural Coconut supports our T-cells** it is an excellent source of saturated fats found to be critical to white blood cell function and overall immunity.

**Carbohydrates must be consumed with fiber to insure a proper slow burn. Whole dried fruits and rolled grains are the perfect blend of simple and complex carbohydrates to quickly get started and sustain over time.**

11. **Barley Malt Syrup boosts low blood sugar without spiking insulin** it is made from whole barley which is sprouted to break down some of the carbohydrate into the simple sugar maltose. It is then ground and heated to make thick syrup. It is 65 percent maltose and 30 percent complex carbohydrate.

12. **Brown Rice Syrup keeps energy levels up for extended periods** is made from fermented brown rice and sprouted whole barley. Like barley malt, it is ground and heated to make thick syrup. It is 50 percent maltose and 37 percent complex carbohydrate.

13. **Blueberries protect us from cancer** they are loaded with antioxidants, carbohydrate and fiber.

14. **Strawberries provide energy** and pack vitamin C, fiber, and every nutrient required by the body, except B-12.

15. **Raisins regulate water levels in our cells** provide carbohydrate, fiber and are extra rich in potassium.

16. **Dates keep blood sugar levels up** and are a super-rich carbohydrate and fiber source.

17. **Pineapple helps the body ward off infection** it contains significant Vit. C, and provides carbohydrate and fiber.

18. **Papaya improves digestion** provides carbohydrate, fiber, and enzymes.

19. **Rolled Oats lower cholesterol** and are a rich source of soluble fiber, and provide complex carbohydrates.

20. **Rolled Rye keeps the colon clean** provides complex carbohydrate and dietary fiber.

21. **Vegan Carob Chips support muscle recovery** Carob is 80% protein and contains vitamins A, B, B2, B3 and D. It is also high in calcium, phosphorus, potassium and magnesium and contains iron, manganese, barium, copper and nickel.

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