

# Possible™ Bar



**SPORTS  
PERFORMANCE**

- Supports energy metabolism\*
- Provides immune support
- Provides nutrients that support antioxidant activity
- Supports muscle recovery
- Supports digestive health
- Supports brain health
- Excellent source (20 g) of plant-based protein
- Excellent source of fiber\*



The Possible Bar delivers multidimensional support for endurance athletes and adventurers. It targets a spectrum of human performance factors — energy metabolism, muscle recovery, antioxidant activity, digestive health, immune and brain support\* — to nourish athletes and fuel their efforts in reaching their highest goals. It is a high-calorie bar (550 kcal/bar) that contains 20 g of plant-based protein per bar and whole food based ingredients such as a variety of nuts, seeds, and dried berries. Its compact, on-the-go design delivers a blend of macronutrients, vitamins, and minerals that are ideal for high-volume, long-lasting exercise and endeavors.

## Nutrition for Athletes

As exercise volume and intensity increase, it can be difficult for athletes to meet increased energy and nutrient needs through diet alone (Table 1). This difficulty can be compounded when factoring in travel and training schedules that may limit food availability.<sup>1</sup> Energy and nutrient deficiency can often lead to detrimental effects for athletes such as significant weight loss, muscle mass loss, increased risk of illness, physical and psychological symptoms, and reductions in performance.<sup>2</sup>

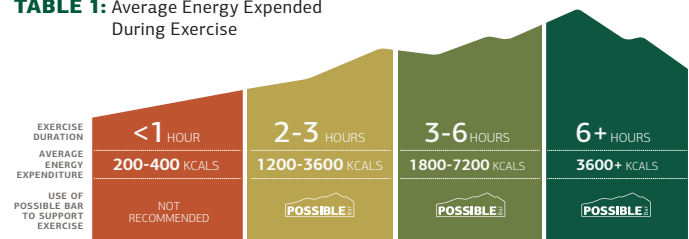
## NOTES

## DOSAGE AM

## PM

The Possible Bar design provides convenient, nutrient-dense energy for the busy lifestyles of athletes. Nutrient-dense foods are important for athletes to help maintain energy balance.<sup>1</sup> To optimize training and performance, it is important for athletes to consume enough calories per day to match the amount of energy they are expending.<sup>1</sup>

**TABLE 1:** Average Energy Expended During Exercise



Source: adapted from Kreider RB, Wilborn CD, Taylor L, Campbell B, Almada AL, Collins R, et al. ISSN exercise & sport nutrition review: research & recommendations. Journal of the International Society of Sports Nutrition. 2010;7:7.

## Supplement Facts

Serving Size: 1 bar (123 g)

	Amount per Serving	%Daily Value
Calories	550	
Total Fat	29 g	37%*
Saturated Fat	8 g	40%*
Total Carbohydrate	61 g	22%*
Dietary Fiber	9 g	32%*
Total Sugars	26 g	†
Includes 22 g Added Sugars		44%*
Protein	20 g	40%*
Vitamin E	8 mg	53%
Thiamin	0.4 mg	33%
Riboflavin	0.6 mg	46%
Niacin	4.8 mg	30%
Vitamin B6	0.6 mg	35%
Folate (54 mcg folic acid)	90 mcg DFE	23%
Vitamin B12	1.5 mcg	63%
Biotin	55 mcg	183%
Pantothenic Acid	1.9 mg	38%
Calcium	150 mg	12%
Iron	4 mg	22%
Phosphorus	350 mg	28%
Magnesium	130 mg	31%
Zinc	9 mg	82%
Copper	0.4 mg	44%
Manganese	1 mg	43%
Chromium	16 mcg	46%
Molybdenum	30 mcg	67%
Sodium	260 mg	11%
Potassium	700 mg	15%
Omega-3 (ALA)	450 mg	†

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

## Available Size:

- 10 bars

*Please consult the actual product label for the most accurate product information.*

Ingredients: Almond butter, honey, tapioca fiber syrup, organic pea protein, banana powder, organic virgin coconut oil, cranberries, altulose, date syrup, amylopectin (from waxy maize), apple flake powder, rolled oats, chia seeds, organic buckwheat flour, organic pumpkin seed protein, green banana flour, organic beet (root), pumpkin seeds, blueberries and apple juice concentrate, sunflower seeds, sunflower lecithin, organic cocoa powder (processed with alkali), organic quinoa sprouts, multi-fruit seed powder (ruby grape seed, blueberry seed, cranberry seed, red raspberry seed, and black raspberry seed), dried yeast fermentate, arabic gum, ribonucleic acid, xanthan gum, organic cordyceps mushroom powder, calcium lactate, L-leucine, sunflower oil, organic turkey tail mushroom powder, green tea (leaf) powder, organic buckwheat (aerial parts) juice powder, organic buckwheat (aerial parts), zinc amino acid (rice) chelate, organic acerola (berry), L-isoleucine, L-valine, American ginseng (root), mixed tocopherols, organic carrot, sea salt, Coenzyme Q10, grape seed extract, bromelain, maitake mushroom powder, maltodextrin, cellulose, bilberry (fruit) extract, green tea (leaf) extract, red wine extract, calcium stearate, and maitake mushroom extract.

**Contains: Tree nuts**

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Standard Process products labeled as Non-Dairy or Non-Dairy Formula have been formulated to not contain milk or milk-derived ingredients.

Standard Process products labeled as Gluten-Free have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling.

Standard Process products labeled as Vegetarian are considered lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or fish oil. They may contain animal-based ingredients such as dairy, eggs, honey, beeswax, or lanolin.

**Plant-based protein for muscle recovery:** Derived from pea protein concentrate, pumpkin seed protein, and buckwheat flour. Formulated with AminoBlast to deliver increased amounts of BCAAs – essential for maximizing muscle protein synthesis rates.<sup>3</sup> Pea protein has been shown to have similar effects to whey protein in regards to muscle thickness, force production, and strength improvements at the same dosages.<sup>4-5</sup>

**Formulated with a 3:1 ratio of carbohydrates to protein:** Carbohydrates are provided through a mix of complex and simple sources including honey, date syrup, EnergySmart, and rolled oats. Ingestion of carbohydrate and protein combinations consumed after exercise have shown greater increases in recovery of muscle glycogen when compared to carbohydrate ingestion alone.<sup>6-8</sup>

**Healthy fats from almond butter and MCTs from coconut oil:** Almond butter contains healthy fats, such as monounsaturated fats and polyunsaturated fats, while coconut oil contains over 50% of fat from medium chain triglycerides (MCTs).<sup>9</sup> MCTs are absorbed and digested faster than long chain triglycerides, and therefore provide energy more rapidly.<sup>9</sup>

**Fiber for digestive health:** High-intensity and prolonged physical activity can lead to increases in intestinal permeability that are associated with

alterations in markers of inflammation.<sup>10-11</sup> Also, higher protein diets in athletes may reduce microbial diversity.<sup>12</sup> High-fiber diets support the GI barrier and digestion and absorption of nutrients.<sup>13</sup>

**B vitamins for energy** The Possible Bar is formulated to contain B-vitamins that are essential to the functioning of energy metabolism. Energy metabolism is a vital process of the human body and proper functioning is especially important for athletes. During physical activity, energy turnover rates are increased above that of resting rates.<sup>14</sup> Therefore, physically active individuals tap into energy systems at higher rates than sedentary individuals.<sup>14</sup> B vitamins are important in supporting the energy systems within the body. B-vitamins — specifically thiamin (B1), riboflavin (B2), niacin (B3), vitamin B6, and pantothenic acid (B5) — are converted to coenzymes in the body which are used for breaking down carbohydrates, fats, and protein to produce energy.<sup>15</sup>

## Standard Process Supplements Featured in The Possible Bar



• Cellular Vitality



• OPC Synergy®



• Epimune Complex

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