



Nutrition Facts

Serving Size 1 bar (50 g)
Servings 1

Amount/Serving	% DV*
Calories 223	
Calories from Fat 59	
Total Fat 6.4 g	10%
Sat. Fat 4.4 g	22%
Trans Fat 0 g	
Total Carb. 34.4 g	11%
Dietary Fiber 1.43 g	6%
Sugar 16.5 g	
Cholesterol 0 mg	0%
Sodium 134 mg	6%
Protein 6 g	12%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 45% · Vitamin C 45% · Calcium 1% · Iron 51% · Vitamin D 44% · Vitamin E 50% · Vitamin K 42% · Vitamin B1 46% · Vitamin B2 46% · Vitamin B3 46% · Vitamin B6 46% · Folic Acid (B9) 49% · Vitamin B12 45% · Biotin 45% · Pantothenic Acid (B5) 42% · Iodine 42% · Zinc 42% · Selenium 43% · Copper 45% · Manganese 44% · Molybdenum 43% · Chromium 42%

Ingredients: Brown Rice Syrup, Gluten Free Quick Oats, Dark Chocolate Chips, Pea Protein, Rice Crisps, Coconut Oil, Semi-sweet Chocolate Chips, Almonds with Sea Salt, Sunflower Seeds, Hope Blend (Bio-Transformed® Nutrients*, ImmunaloTM Aloe Vera Gel Powder**), Natural Flavors.

*Bio-Transformed® is the trademark of Bio-Foods Ltd.

**ImmunaloTM is the trademark of MannaRelief.

buy one, nourish two!
You and a child

Dark Chocolate Almond Crunch

Hope Bar

Provides THE standardized whole food alternative to the most popular synthetically enriched food bars on the market

Bio-Transformed® Nutrients

The fermentation of friendly micro-organisms transforms vitamins and minerals into highly complex foods in which the nutrients (as in all foods) are bound together into a food matrix containing lipids, proteins, beta glucans and a wide variety of phytonutrients. This natural process allows you to obtain your required daily values of micro-nutrients from food sources rather than the synthetic forms used in over 95% of the vitamin products sold in the world.

ImmunaloTM

Immunalo is the state-of-the-art Aloe vera inner leaf gel powder containing the industry's highest standardized levels of Aloe vera's most bioactive ingredient called Acemannan. Immunalo, developed specifically for the Hope Bar Project as an advanced immune supporting technology, contains the industry's

- highest level of standardized Acemannan
- highest level of Immunomodulatory Acemannan
- highest level of bio-available Acemannan

Acemannan provides an understanding for the broad range of health benefits historically attributed to Aloe vera. Science has now perfected the extraction and stabilization of Acemannan, one of nature's most amazing molecules.

Pea Protein

A great alternative protein source for those having an intolerance to dairy or soy. Pea protein is a good source of iron, manganese, and niacin. It is easy to digest and is rich in glutamic acid, an essential amino acid vital for carbohydrate metabolism.

Naturally Sweetened

Brown rice syrup is a natural sweetener that is not refined in any way. It is produced by fermenting cooked brown rice. The resulting brown rice syrup is low glycemic with a rating of 25 as opposed to glucose (100), molasses (55), maple syrup (54) or honey (50).

The Glycemic Index indicates how much a certain food will effect your insulin levels. Ratings range from 1-100.

Our Whole Food Ingredients

Provide rich sources of vitamins, minerals, essential fatty acids, protein, dietary fiber, plant phytochemicals, and the macro-minerals phosphorus, magnesium, calcium, and potassium.