

## Ingredient-Based Claims

1. Herbal teas contain a wealth of compounds and may play a role in delivering nutrients and chemicals.
2. A delicious superfood, cacao is an excellent source of healthy antioxidants, with the added benefits of fiber, protein, and good fats.
3. Raw honey contains an array of plant chemicals that act as antioxidants, it's antibacterial and anti-fungal. That's why we chose honey to sweeten up every Fast Bar®.
4. Macadamia nuts have a rich, buttery taste are high in healthy fats and packed with vitamins, minerals, fiber, and antioxidants.
5. Along with being absolutely delicious and enjoyable in a variety of ways, pecans are also really good for you: they're loaded with antioxidants, vitamins, minerals, and good fats.
6. If you are looking for fiber in your diet, eat pecans. A serving gives you about 11% of your daily fiber requirement.
7. ProLon is a good source / excellent source of daily fiber.\*  
\*Based on full contents of a daily box.
8. ProLon is high in daily fiber.\*  
\*Based on full contents of a daily box.