

GLUCERNA® BAR

NUTRITION SUPPLEMENT WITH FIBRE

For people with diabetes



USAGE

GLUCERNA® BARS are a delicious between-meal snack specifically designed for use in conjunction with the prescribed diet in people with diabetes.

FEATURES

- Healthy and convenient snack
- Unique system of slow release carbohydrate designed to provide more consistent blood glucose levels compared to a standard snack bar¹
- Low glycemic index
- Contains 26 essential vitamins and minerals

NUTRIENT FACTS

Protein (% Cal)	16
Carbohydrate (% Cal)	57
Fat (% Cal)	27
Kosher	Yes
Gluten-free	No
Lactose-free	Yes

AVAILABILITY

Ready to Use:

Chocolate Graham (4 x 6 x 41 g) #58247-204

Chocolate Graham (6 x 15 x 41 g) #58248-215

Lemon Crunch (4 x 6 x 41 g) #58249-204

Lemon Crunch (6 x 15 x 41 g) #58250-215

REFERENCE:

1. Nicholson S, Garvey WT, Wallace P, et al. Postprandial glucose and insulin responses to dextrin-containing medical nutritional bars in persons with type 2 diabetes mellitus. *Diabetes* 2001;50(Suppl 1):A366.

	Chocolate Graham Per 41 g	Lemon Crunch Per 41 g
ENERGY		
Kilojoules	628	628
Calories	150	150
PROTEIN (g)	6	6
% of total energy		16%
FAT (g)	4.5	4.5
Polyunsaturated fatty acids (g)		0.55
Monounsaturated fatty acids (g)		1.6
Saturated fatty acids (g)		2.4
Omega 6:Omega 3 ratio		76:1
Trans fat (g)		0.005
Linoleic acid (g)	0.48	0.48
% of total energy		27%
CARBOHYDRATE (g)	25	25
Dietary fibre (g)	2	2
Lactitol (g)	3.8	3.7
FOS (g)	0.86	0.86
Maltodextrin (g)	4.4	4.0
Polydextrose (g)	0.80	0.52
Sugars (g)	8	8
Maltitol (g)	0.141	< 0.008
Acesulfame potassium (mg)	7	7
% of total energy		57%

VITAMINS		
Vitamin A (RE/IU)	165/549	165/549
Vitamin D ₃ (µg/IU)	0.5/20	0.5/20
Vitamin E (mg/IU)	1.8/2.4	1.8/2.4
Vitamin C (mg)	9	9
Thiamine (mg)	0.25	0.25
Riboflavin (mg)	0.32	0.32
Niacin (mg)	7.6	7.6
Vitamin B ₆ (mg)	0.33	0.33
Vitamin B ₁₂ (mg)	0.0002	0.0002
Folic acid (mg)	0.05	0.05
Pantothenic acid (mg)	1.08	1.08
Biotin (mg)	0.022	0.022

MINERALS		
Calcium (mg)	180	180
Phosphorus (mg)	180	180
Magnesium (mg)	36	36
Iron (mg)	1.8	1.8
Zinc (mg)	2.3	2.31
Copper (mg)	0.27	0.27
Iodide (mg)	0.027	0.027
Manganese (mg)	0.81	0.81
Selenium (mg)	0.0072	0.0072
Chromium (mg)	0.0018	0.0018
Molybdenum (mg)	0.011	0.011
Sodium (mg)	80	80
Sodium (mmol)	3.5	3.5
Potassium (mg)	300	288
Potassium (mmol)	7.7	7.4
Chloride (mg)	113	113
Chloride (mmol)	0.4	3.2

Chocolate Graham INGREDIENTS: Chocolate flavoured coating (lactitol, fractionated palm kernel oil, polydextrose, cocoa, natural and artificial flavour, soy lecithin, monoglycerides, acesulfame potassium), soy protein isolate, honey, corn maltodextrin, high fructose corn syrup, milled rice, soy fibre, glycerin, high oleic safflower oil, fructooligosaccharides (FOS), microcrystalline cellulose, guar gum, canola oil, tricalcium phosphate, dipotassium phosphate, fructose, artificial flavours, potassium chloride, soy lecithin, magnesium oxide, ascorbic acid, niacinamide, *dl*- α -tocopheryl acetate, zinc oxide, ferrous fumarate, manganese sulphate, β -carotene, copper gluconate, d-calcium pantothenate, riboflavin, pyridoxine hydrochloride, thiamine mononitrate, vitamin D₃, folic acid, potassium iodide, biotin, sodium selenate, cyanocobalamin. **Contains corn and soy; manufactured in a facility that processes eggs, nuts, seeds and wheat.**

Lemon Crunch INGREDIENTS: Yogurt coating (lactitol, fractionated palm kernel oil, polydextrose, nonfat yogurt (cultured nonfat milk), calcium caseinate, soy lecithin, monoglycerides, titanium dioxide, modified food starch, lactic acid, acesulfame potassium, natural flavour), soy protein isolate, honey, corn maltodextrin, high fructose corn syrup, milled rice, soy fibre, glycerin, high oleic safflower oil, fructooligosaccharides (FOS), microcrystalline cellulose, guar gum, canola oil, tricalcium phosphate, natural and artificial flavour, dipotassium phosphate, fructose, potassium chloride, citric acid, soy lecithin, magnesium oxide, ascorbic acid, niacinamide, *dl*- α -tocopheryl acetate, zinc oxide, ferrous fumarate, manganese sulphate, β -carotene, copper gluconate, d-calcium pantothenate, riboflavin, pyridoxine hydrochloride, thiamine mononitrate, vitamin D₃, folic acid, potassium iodide, biotin, sodium selenate, cyanocobalamin. **Contains corn and soy; manufactured in a facility that processes eggs, nuts, seeds and wheat.**

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