



SoLo Powered Athlete Testimonials

"The Olympics was the ultimate experience; an end to 15 years of dreaming and training. I had a lot of help along the way with my progress. Nutritionally, SoLo has aided my extended endurance on the bike and throughout my training sessions. I don't have to worry about refueling if I start my workout with a SoLo bar. On the bike and in my recovery period, SoLo is my first choice for fuel."

Paul Tichelaar CAN, Triathlete: Canadian Olympic Triathlon Team Member 2008 Beijing Olympics

"Wow, it's all over. The Olympics brought together the best in the world, and rubbing elbows with them in the Women's 5km was an unbelievable experience. Thanks SoLo, for recharging my battery on the training days that felt like they would never end. Besides tasting great, Solo is easy to digest and I can't wait to have SoLo in my corner as I start my journey toward the next Olympics in London 2012."

Megan Metcalfe, CAN, Distance Runner: Represented Canada in the 5000-meter run at the 2008 Beijing Olympics

"The San Antonio Spurs, 2007 World Champions, have enjoyed the low glycemic benefits of the SoLo Bars for their nutritional advantage and great taste. The Spurs play against the best basketball players in the world and our players need to be fueled to perform at the highest level. So often energy and nutrition bars are loaded with fast burning high glycemic ingredients that contribute to fatigue in the later stages of our games. SoLo's slow release carbohydrates give our players sustained energy for four full quarters of basketball."

Mike Brungardt, USA, Strength and Conditioning Coach, San Antonio Spurs

"The SoLo Bars have given our team an advantage. We eat them before games and at halftime to give us the sustained energy for four quarters of NBA basketball. I love the beneficial ingredients that provide me optimal health in training and recovery, and I love the energy it gives me when its crunch time at the end of the game. Not to mention they taste great. The Berry Bliss has been a team favorite.....keep them coming".

Joe Rogowski USA, Strength and Conditioning Trainer, Orlando Magic

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“Just returned from the 2008 World Mountain Running Trophy and I would like to thank SoLo for their nutritional assistance. The Mountain Championships challenges your body and your spirit through 12km of distance and a climb in elevation of 1000m. SoLo has provided me the low glycemic balance that I need to achieve my goals. Thanks SoLo.”

Mark Vollmer CAN, World Mountain Racing Competitor

“Upon returning from the 2008 Canadian Paragliding Nationals in Chelan Washington, I managed with the help of SoLo to bring home for my 2nd year in a row the National Championship. I also this summer managed to place 10th in a Pre- World Cup which is an International competition with 85 of the best competitors. So thank you once again for all the support SoLo continues to give me on my journey of becoming a World Champion.”

Keith MacCullough CAN, Canadian National Paragliding Champion

“I am writing to thank SoLo for its support of my recent accomplishments at the 2008 World Mountain Running Trophy. Throughout the grueling season I relied on SoLo to give me the fuel to train and the essential vitamins and minerals for my recovery. SoLo extends my workouts and allows me to give it everything I have at the end of a race.”

Adrian Lambert CAN, World Mountain Racing Competitor, Canadian Cross Country Team Member

“In my training it is very important to replenish my body with good food and nutrition after hard workouts to get the most out of my body and SoLo lets me do just that. I eat about 3 a week to re-energize and I feel they are a key part in helping my body recover on hard days. One of the benefits of SoLo Bars is that they taste great, as well as giving me great nutrition. I've had the pleasure of trying all of the flavors and I'd have to say that Mint Mania is my favorite, although I love them all. I'm glad that I have a product like SoLo bar in my corner as I train for the most important race of my life.”

Josh Simpson USA, Nationally Ranked Distance Runner

“For me, as for any other long-distance Triathlete, nutrition is key to ensure efficient training for an optimal race outcome. By constantly replacing essential nutrients which are depleted during exercising, the SoLo bars allow me to train hard for hours. Also, because SoLo has a low GI, the glucose is released gradually into the blood stream, preventing unwanted energy highs and lows. The bars taste great and I find them easy to digest on the bike. My favorite is the Berry Bliss; I love the yogurt coating and fruity flavor.”

Annett Kamenz GER, Elite Ironman Triathlete and Marathon Runner

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“SoLo bars are the best tasting nutritional bars that I have discovered. I frequently eat SoLo bars after hard workouts and I have found that I recover better and faster!”

Rebecca Stallwood CAN, Elite Cross Country Runner

“As a high performance athlete, I am constantly looking for better ways to deal with proper nutrition, especially when it comes to finding the right balance for post-training workouts. As a result, I've tried a lot of the protein/energy bars on the market, and until now I have been pretty disappointed. Finding a bar with the right carb-protein balance is difficult, but even worse is trying to find one that actually tastes good enough to eat on a regular basis. That's what makes the SoLo bars so impressive. They pack exactly the right nutritional punch I need to maximize my post-workout recovery, and they taste amazing. The best part is that they aren't jam packed with simple sugars as are most of the edible bars. SoLo Bars are DEFINITELY the best sports bars that I have come across.”

Nathaniel Miller CAN, National Water Polo Team Member

For more information:

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