



SoLo Powered Athlete Testimonials

"The Olympics was the ultimate experience; an end to 15 years of dreaming and training. Nutritionally, SoLo has aided my extended endurance on the bike and throughout my training sessions. 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**

"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."

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. 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

"SoLo has given our team an advantage. Our players eat them before games and at halftime to give them sustained energy for four quarters of pro basketball and the ability to perform in the later stages of the game."

Joe Rogowski USA, Strength and Conditioning Trainer, Orlando Magic

"Just returned from the 2008 World Mountain Running Trophy and I would like to thank SoLo for their nutritional assistance. 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. 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

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"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. "

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

"In my training I find 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."

Josh Simpson USA, Nationally Ranked Distance Runner

"By constantly replacing essential nutrients which are depleted during exercising, the SoLo bars allow me to train hard for hours. The bars taste great and I find them easy to digest on the bike."

Annett Kamenz GER, Elite Ironman Triathlete and Marathon Runner

"I frequently eat SoLo Bars after hard workouts and I find that I recover better and faster!"

Rebecca Stallwood CAN, Elite Cross Country Runner

"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."

Nathaniel Miller CAN, National Water Polo Team Member

For more information:

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