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Frequently Asked Questions

Why is SoLo better than other sport and energy bars?

SoLo wins by being the only very low glycemic bars (GI 23-29) on the market validated by University Researchers; while also combining the best taste, nutritional balance and low sodium content. While other bars may offer a quick boost up-front, SoLo's Controlled Energy Response Technology provides sustained fuel delivery by allowing for a slow and steady release of glucose into the blood stream - resulting in optimum energy management and expenditure, and maximum performance during activity. SoLo bars are designed with an optimum nutritional balance of protein, carbohydrate, dietary fat and fiber to provide the best combination for optimized fuel delivery and long-term energy.

Why are the carbohydrates in SoLo so important?

Carbohydrates are the preferred fuel source for your working muscles during activity. When carbohydrates are digested, they are transformed into glucose, which is absorbed into the bloodstream where it has a profound effect on many operations of the body. Glucose is the sugar your body uses to fuel muscles, and it is the only fuel your brain and central nervous system can use for energy. SoLo's unique low glycemic profile allows for a slow and steady release of glucose into the cells and working muscles, thereby providing longer-lasting fuel and sustained energy as a result.

What about the Sugar in SoLo?

Active individuals understand that sugars (carbohydrates) are the preferred fuel source for the body, and we have specifically chosen natural sweeteners including: fruit purees, brown rice syrup, honey and fructose - for their ability to provide a gradual and sustained release of energy to the body and working muscles. It is this unique combination of different types of carbohydrates which provide longer-lasting fuel and sustained energy to get you through your workouts and excel during competition.

Where does the protein in SoLo come from?

SoLo bars combine whey and soy proteins, both being considered complete proteins by supplying all of the essential amino acids required by the body. The human body can synthesize all of the amino acids necessary to build proteins except for the essential amino acids which must be provided by the diet. Each SoLo bar contains between 11 to 13 grams of high quality protein.

Do the SoLo bars contain gluten?

Wheat and barley malt contain a natural amount of gluten, and these ingredients are present in the SoLo bars. Gluten is a special type of protein that is commonly found in rye, wheat and barley. Some people suffer from a disease called celiac disease, which is an allergy to gluten. Individuals suffering from this condition should consult with their physician before consuming the SoLo bars.

How can SoLo provide long-term energy during my workouts, training sessions and competition?

SoLo bars contain a unique blend of ingredients with optimal nutritional balance and low glycemic index, allowing for a slow and steady supply of glucose into the bloodstream to provide sustained energy to muscles, delay muscle fatigue and enhance mental concentration.

When is the best time to eat a SoLo bar?

Recommended usage for SoLo is 1 to 2 bars, 30 to 60 minutes prior to activity. For best results, consume 200-400mL of water along with the bar(s). Additionally, you could take ½ to 1 bar during a long training bike ride (or other endurance activity) or mid-way through your game or event (i.e. half time for basketball, hockey, football, etc).

Can I use the SoLo bars as a recovery food?

SoLo is great for replenishing glycogen stores after exercise, with each bar containing 23-26 grams of quality carbohydrates. As well, recent research has shown that combining protein with your post-exercise snack may help the absorption of carbohydrates and may also aid in protein synthesis and muscle-tissue repair. As such, with SoLo having 11-13 grams of protein, it can provide the ultimate recovery food.

Do the SoLo bars have added vitamins and minerals?

In addition to the balanced nutrition being provided by the quality ingredients, SoLo has 24 essential vitamins & minerals added. Research has suggested that the established Dietary Reference Intakes (DRIs), standards set by the Food and Drug Administration (FDA), for certain vitamin and minerals are on the low side for active adults. As such, SoLo aids in providing dietary balance while also helping to avoid nutrient deficiencies which may harm performance.

Do the SoLo bars contain antioxidants?

SoLo bars contain antioxidant vitamins A, C and E and selenium for rapid cell recovery. Athletes and active individuals who train competitively and at higher levels are prone to experience more oxidative stress than the average individual. Antioxidants provide added insurance against this damage from occurring and consumption will support healthy cells, leading to healthy cellular respiration and reduced incidence of infection, faster recovery and better workouts.

Do the SoLo bars contain sugar alcohols or artificial sweeteners?

SoLo does not contain sugar alcohols or artificial sweeteners. Sugar alcohols provide little to no carbohydrates (energy) and are known to cause gastrointestinal upset as the body does not have the ability to digest them properly. Artificial sweeteners are non-caloric, taking the place of carbohydrates that are so critical to providing energy to working muscles. The bars are all natural and sweetened with fruit purees, brown rice syrup, honey, and fructose - providing real and lasting energy.

What is the Glycemic Index (GI)?

The Glycemic Index is a ranking of how fast and how much a carbohydrate-containing food affects blood sugar, as compared to glucose, ranked at 100. The higher the GI ranking of a food, the quicker the carbohydrates are digested and impact the blood sugar. For sustained energy, satiety, and a slow release of energy to working muscles, the lower and slower the rise in blood sugar (GI), the better. Low GI foods are broken down slowly and provide a gradual release of sugar into the blood, providing longer lasting energy.

What are “Low GI” values?

High GI: 70 and greater

Moderate GI: 56-69

Low GI: 55 or below

Very low GI*: 35 or below

**All SoLo bar flavors are validated by University Researchers to be very low GI between 23-29*

Are the SoLo bars Kosher certified?

The SoLo bars are certified OUD Kosher by the Orthodox Union.

Do the SoLo Bars contain hydrogenated oils or trans fats?

SoLo contains only non-hydrogenated oils and no trans fats. The coatings on the SoLo bars contain fractionated palm kernel oil, which is required to maintain the stability of the bar coating and also protect the bar from hardening. Palm kernel oil is a natural saturated fat, which is not a source of trans fat.

Are SoLo Gi™ Bars Diabetic Friendly?

SoLo bars are excellent for diabetics, because they help manage blood sugar throughout the day. They provide a convenient and nutritionally balanced snack as a healthy choice between meals and before bed time. According to the American Diabetes Association and the American Diabetic Association Exchange Lists for Meal Planning (Washington, DC, 2003), the Exchange Values for SoLo bars are: Berry Bliss: 1.5 Starches & 1 Medium Fat Protein, Peanut Power, Mint Mania, Chocolate Charger and Lemon Lift: 1.5 Starches & 1 High Fat Protein