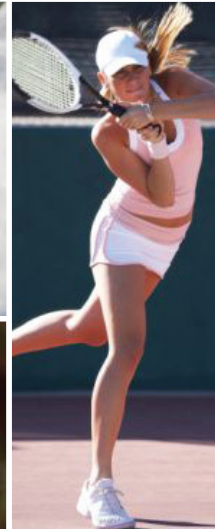




# SOLO

The Natural Energy Source for Sport



## Solo Delivers Balanced Nutrition

11-13 grams protein, 24 vitamins & minerals, all natural, antioxidants, no sugar alcohols.

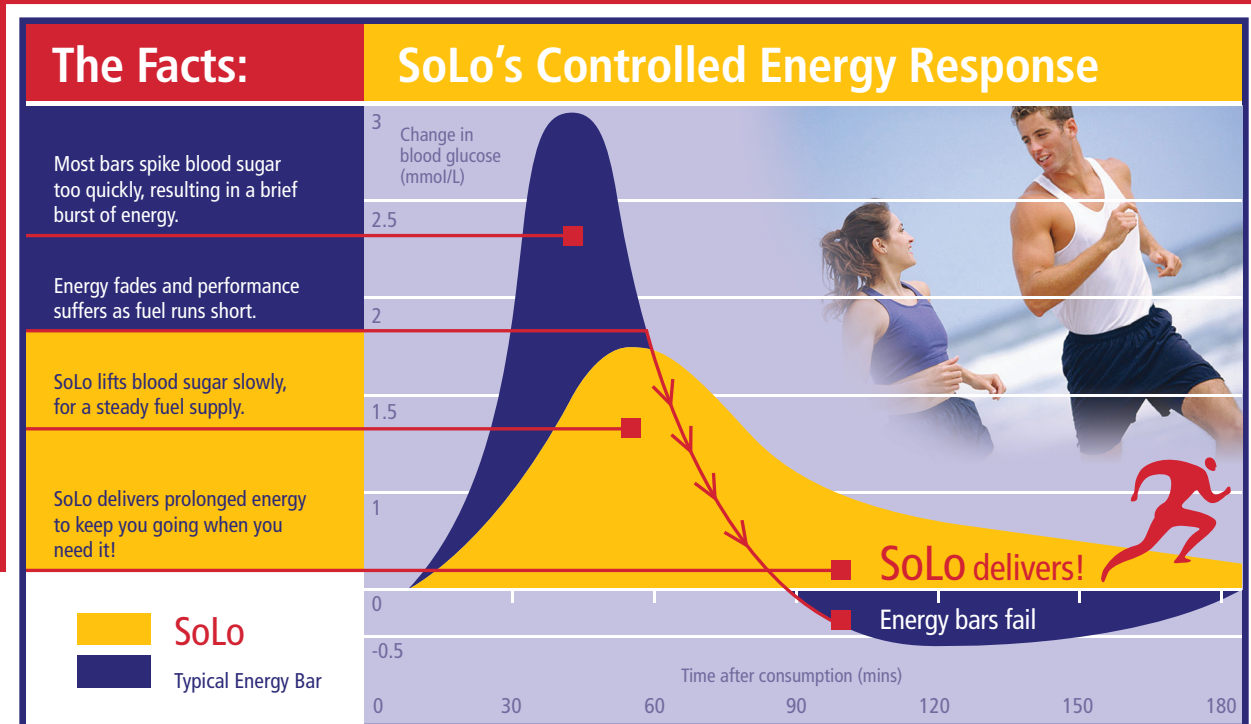


## Solo Powered Fuel Delivers!

Whether training or competing, the ability to perform depends on the right fuel choice. SoLo's high performance nutrition delivers long-term energy, allowing active individuals to perform at the highest level, over extended periods of time.

# Why **SOLO** for Sport & Fitness?

SoLo's "Controlled Energy Response" delivers lasting energy.



## Look Who's SoLo Powered

Professional, collegiate and world-class athletes are using SoLo as a preferred fuel source for long-term, controlled energy.

- National Basketball Association (NBA)
- National Hockey League (NHL)
- Major League Baseball (MLB)
- NCAA Collegiate Athletic Departments
- Olympic level athletes
- World Class endurance athletes

## Best tasting bar on the market!

SoLo Crushes the Competition on Taste!

**88%**  
Preferred SoLo  
**12%**  
Preferred PowerBar



**72%**  
Preferred SoLo  
**28%**  
Preferred Balance Bar



Source: San Francisco Consulting Group





# SoLo Keeps You Powered Longer!

SoLo's unique design delivers energy slowly as working muscles need it, sparing precious energy reserves at the same time. It's the bar to reach for every time for sustained energy and enhanced endurance.



Real nutrition, real results,  
real energy that lasts.  
Shouldn't you be SoLo  
powered too?



## Elite athletes are using SoLo as their winning formula.

"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, Strength and Conditioning Trainer, Orlando Magic

"I need to know that I will be able to perform and SoLo gives me that confidence and energy late in a race. Thanks SoLo."

Paul Tichelaar, Triathlete: Ranked top 10 in the world, 2nd in Canada

"SoLo gives me lasting energy without the spike and crash like some high sugar bars. I have SoLo as a healthy pick me up or right after a workout."

Megan Metcalfe, Olympic Level Female Distance Runner

"SoLo sustains my energy levels for physical endurance and mental concentration, enabling me to achieve my personal best performance."

Keith MacCullough – Canadian Paraglider Champion

### All natural, balanced nutrition.

Solo's proprietary blend of ingredients provides slow-burning carbs, protein, dietary fat and fiber – delivering energy slowly, while also enhancing satiety to keep you going for longer.

- 11-13 grams high quality protein
- 24 vitamins & minerals
- Antioxidants for cell recovery
- Calcium - Excellent source
- Fiber - Good source
- No sugar alcohols, artificial sweeteners, flavors or colors
- Kosher
- The best-tasting bars on the market!





# High Performance Nutrition



## Ingredient Information

**Berry Bliss** – SoLo protein blend [whey protein isolate, soy protein crisp (soy protein isolate, rice flour, malt, salt), soy protein isolate, whey protein concentrate], yogurt coating (sugar, fractionated palm kernel oil, skim milk powder, low fat yogurt powder, soy lecithin, salt, natural flavor), fructose, soynut butter (roasted soynuts, soybean oil, maltodextrin, evaporated cane juice), brown rice syrup, fruit puree blend (dried plums, dried dates, white grape juice concentrate), dry roasted soynuts, SoLo fiber blend (inulin, oat bran concentrate), dried cranberries (cranberries, apple juice concentrate), natural flavor, water, sunflower oil, vitamin and mineral blend\*, beet juice concentrate. *Contains milk and soybeans.*

**Chocolate Charger** – SoLo protein blend [cocoa soy crisp (soy protein isolate, rice starch, cocoa), whey protein isolate, whey protein concentrate], chocolate coating (sugar, fractionated palm kernel oil, cocoa powder, whey powder, skim milk powder, soy lecithin, natural flavor), fructose, almond butter, fruit puree blend (dried plums, dried dates, white grape juice concentrate), chocolate cookies (wheat flour, cane juice crystals, canola oil, cocoa, salt, sodium bicarbonate), brown rice syrup, cocoa powder, water, SoLo fiber blend (inulin, oat bran concentrate), vitamin and mineral blend\*, natural flavor. *Contains milk, soybeans, wheat and tree nuts.*

**Mint Mania** – SoLo protein blend [cocoa soy crisp (soy protein isolate, rice starch, cocoa), whey protein isolate, whey protein concentrate], chocolate coating (sugar, fractionated palm kernel oil, cocoa powder, whey powder, skim milk powder, soy lecithin, natural flavor), fructose, almond butter, fruit puree blend (dried plums, dried dates, white grape juice concentrate), chocolate cookies (wheat flour, cane juice crystals, canola oil, cocoa, salt, sodium bicarbonate), brown rice syrup, cocoa powder, water, SoLo fiber blend (inulin, oat bran concentrate), vitamin and mineral blend\*, natural flavor. *Contains milk, soybeans, wheat and tree nuts.*

**Peanut Power** – SoLo protein blend [whey protein isolate, soy protein isolate, soy protein crisp (soy protein isolate, rice flour, malt, salt)], chocolate coating (sugar, fractionated palm kernel oil, cocoa powder, whey powder, skim milk powder, soy lecithin, natural flavor), natural peanut butter, brown rice syrup, fructose, fruit puree blend (dried plums, dried dates, white grape juice concentrate), dry roasted soynuts, honey, SoLo fiber blend (inulin, oat bran concentrate), water, roasted peanut oil, vitamin and mineral blend\*. *Contains milk, soybeans and peanuts.*

**Lemon Lift** – SoLo protein blend [whey protein isolate, soy protein isolate, soy protein crisp (soy protein isolate, rice flour, malt, salt), whey protein concentrate], yogurt coating (sugar, fractionated palm kernel oil, skim milk powder, low fat yogurt powder, soy lecithin, salt, natural flavor), fructose, soynut butter (roasted soynuts, soybean oil, maltodextrin, evaporated cane juice), brown rice syrup, fruit puree blend (dried plums, dried dates, white grape juice concentrate), dried cranberries (cranberries, apple juice concentrate), SoLo fiber blend (inulin, oat bran concentrate), dry roasted soynuts, natural flavors, sunflower oil, water, vitamin and mineral blend\*. *Contains milk and soybeans.*

\*Vitamin and Mineral Blend: [Dicalcium phosphate, magnesium oxide, ascorbic acid (vit. C), vitamin E acetate, niacinamide (vit. B3), zinc oxide, copper gluconate, d-calcium pantothenate, manganese sulfate, pyridoxine (vit. B6), riboflavin (vit. B2), thiamin mononitrate (vit. B1), vitamin A palmitate, chromium chloride, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, phytonadione (vit. K1), cholecalciferol (vit. D3), cyanocobalamin (vit. B12)].

Made in a facility that produces products containing milk, soybeans, wheat, tree nuts, peanuts and eggs.

## Nutritional Information

Serving Size = 1 Bar	Berry Bliss		Chocolate Charger		Mint Mania		Peanut Power		Lemon Lift	
	200	%Daily Value*	200	%Daily Value*	200	%Daily Value*	200	%Daily Value*	200	%Daily Value*
Calories	200		200		200		200		200	
Calories from fat	60		60		60		70		60	
<b>Total Fat</b>	<b>6g</b>	<b>9%</b>	<b>7g</b>	<b>10%</b>	<b>7g</b>	<b>11%</b>	<b>8g</b>	<b>11%</b>	<b>6g</b>	<b>9%</b>
Saturated fat	2.5g	13%	3g	14%	3g	14%	3g	15%	2.5g	13%
Trans fat	0g		0g		0g		0g		0g	
Cholesterol	5mg	2%	5mg	2%	5mg	2%	0mg	0%	5mg	2%
Sodium	125mg	5%	120mg	5%	120mg	5%	125mg	5%	105mg	4%
Potassium	60mg	2%	220mg	6%	210mg	6%	130mg	4%	55mg	2%
<b>Total Carbohydrate</b>	<b>25g</b>	<b>8%</b>	<b>26g</b>	<b>9%</b>	<b>26g</b>	<b>9%</b>	<b>23g</b>	<b>7%</b>	<b>26g</b>	<b>9%</b>
Dietary Fiber	3g	12%	4g	15%	4g	15%	3g	12%	4g	16%
Sugars	18g		17g		17g		15g		19g	
<b>Protein</b>	<b>11g</b>	<b>20%</b>	<b>11g</b>	<b>20%</b>	<b>11g</b>	<b>20%</b>	<b>13g</b>	<b>20%</b>	<b>11g</b>	<b>20%</b>
<b>Vitamin A</b>		<b>10%</b>		<b>10%</b>		<b>10%</b>		<b>10%</b>		<b>10%</b>
<b>Vitamin C</b>		<b>10%</b>		<b>10%</b>		<b>10%</b>		<b>10%</b>		<b>10%</b>
<b>Vitamin E</b>		<b>10%</b>		<b>15%</b>		<b>15%</b>		<b>10%</b>		<b>10%</b>
<b>Calcium</b>		<b>20%</b>		<b>20%</b>		<b>20%</b>		<b>20%</b>		<b>20%</b>
<b>Iron</b>		<b>4%</b>		<b>10%</b>		<b>10%</b>		<b>8%</b>		<b>4%</b>
<b>Glycemic Index**</b>	<b>29</b>		<b>28</b>		<b>23</b>		<b>27</b>		<b>29</b>	

\*Percent daily values (DV) are based on a 2,000 calorie diet.

\*\*Glycemic Index values tested and validated by University Researchers.

## Product Information

	Bar Size	Box	Case	UPC Code - Bar	UPC Code - Box	UPC Code - Case
<b>Chocolate Charger</b>	50 g (1.76 Oz)	12 bars/ box L x W x H 7.0 x 6.0 x 2.0	6 / 21.1 oz. boxes per case L x W x H 12.75 x 7.5 x 6.75	8 97024 00046 4	8 97024 00047 1	8 97024 00048 8
<b>Berry Bliss</b>				8 97024 00049 5	8 97024 00050 1	8 97024 00051 8
<b>Mint Mania</b>				8 97024 00043 3	8 97024 00044 0	8 97024 00045 7
<b>Peanut Power</b>				8 97024 00040 2	8 97024 00041 9	8 97024 00042 6
<b>Lemon Lift</b>				8 97024 00001 3	8 97024 00038 9	8 97024 00039 6

Please contact SoLo at [sales@solo-gi.com](mailto:sales@solo-gi.com), 1-866-765-6944, or visit us at [www.solo-gi.com](http://www.solo-gi.com)

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