The Tempo Bar is designed to serve as a nutritious snack to keep a steady glycemic “tempo” throughout the day. By focusing on enhancing protein and fiber intake, Tempo Bars increase satiety and help maintain normal blood sugar and insulin levels, and are especially helpful for after-meal energy slumps. The Tempo Bar is a good source of protein and an excellent source of fiber. This delicious, high-quality, well-balanced snack does not contain any artificial colors or flavors, or the high amounts of sugar and carbohydrates found in other bars. The Tempo Bar is organic, kosher, gluten-free and is available in three flavors: Chocolate Mint, Apple Cinnamon and Peanut Butter.

Overview
Blood sugar has become a concern for many in the United States and across the globe. When blood sugar levels challenge the body’s ability to process them, consumption of refined carbohydrates, which are quickly broken down to glucose, can lead to sugar and insulin spikes and crashes within the normal range. The overall glycemic impact of the diet is vitally important not only to maintain normal insulin levels, but also in maintaining normal levels of the stress hormone cortisol. Both ongoing high and low blood sugar, even within the normal range, are stressors, which stimulate the release of cortisol. Over time, high cortisol levels may also cause the individual to enter an ongoing catabolic or enduring “break down” state. Eating a Tempo Bar as a snack provides the protein and fiber needed to maintain normal levels of blood sugar, insulin and cortisol throughout the day.

Research
Soluble fibers and fermentable fibers like inulin, (carbohydrates that can be fermented into short-chain fatty acids by gut microflora) seem to have an especially profound effect not only on the glycemic response of the initial meal consumed, but on subsequent meals consumed. Researchers at the Lund University in Sweden have recently published data showing that a single breakfast meal consisting of high amounts of soluble and fermentable fibers will decrease the glycemic impact of the subsequent lunch and dinner meals.[1] This effect was also noted for fibers consumed in the evening, impacting the glycemic response of the breakfast meal.[2,3] In one randomized, controlled, single-blind, crossover study, insoluble dietary fiber intake for a 3 day span significantly supported normal body insulin levels.[4] A prospective two-year cohort study of 43,115 men and women also supported the benefits of dietary fiber in promoting lower gastrointestinal mucosal health.[5]

An abundance of research has highlighted the important role that protein intake plays in helping maintain blood sugar balance.[6] A 12-week randomized controlled trial of 44 adults found high-protein diets helped maintain normal insulin levels and promote healthy blood sugar levels. In addition, a meta-analysis of 15 randomized, controlled trials found insulin levels were better maintained on high-protein diets as compared to the low-protein counterparts.[7]

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Directions
1 serving is one Tempo Bar.

Does Not Contain
Gluten, aspartame, artificial colors and flavors.

Cautions
Contains peanuts, coconut, milk, and soy. Made in a facility that processes peanuts, tree nuts, soy, dairy, eggs, wheat, fish gelatin, and shellfish.

References


