INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

INTEGRATIVE MEDICINE

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The **AVENUE** Bar 'No More Excuses'

WHAT IT IS:

A great tasting, all natural, low-carb protein bar

WHY YOU NEED IT:

- Good for patients needing a low-carb, low-fat snack or meal replacement
- Gluten free, Soy Free, and Sugar Free
- Important for patients needing to control hunger
- Great for patients looking to sustain energy
- Minimal blood sugar impact: Diabetic friendly
- No added chemicals
- · Tastes great
- Immune boosting
- Rich in fiber
- Excellent source of healthy fats
- · Many flavors, so you are never bored
- Perfect for patients on The Avenue Diet

HOW IT HELPS:

It is hard to find the perfect protein bar. These handy snack bars are out of caloric balance for many of my patients' dietary needs: too many carbs, too many calories, too many 'bad' fats, or too many chemicals.

The AVENUE Bars are the healthiest protein bars available today and contain incredible ingredients that fit into any meal plan. We use all-natural sweeteners that have negligible effects on blood sugar and insulin levels, making them a great and safe choice for patients needing to lose weight or those with Diabetes or Insulin Resistance. These sweeteners also promote healthy gut flora and inhibit the growth of bad bacteria, like Strep.

The healthy fats in The AVENUE Bars have been clinically studied to support heart health, immune-enhancement, and antibacterial defenses.

Pretty amazing for a protein bar that tastes as good as a candy bar.

The AVENUE Bars are also a great source for fiber. Soluble fiber has many benefits including the support of healthy digestion, healthy gut bacteria, weight management, bowel regularity, healthy blood sugar levels, normal cholesterol levels, mineral absorption, and immune system function.

And these bars that taste as good as they are for you.

If you like Reese's Peanut Butter Cups, Peppermint Patties, Chocolate nougat, or Dark Chocolate Coconut, then you will love The AVENUE Bars.

No other protein bars come anywhere close to providing great flavor with ingredients this healthy.

When cravings hit, reach for your best, healthiest choice...an AVENUE bar.

The AVENUE Bars: No More Excuses!