

# Manna Bars™

Whole Food, Multi-Grain Snack Bar



## Product Summary

A healthy and delicious snack, Manna Bars are full of natural flavors and nutrient-rich whole foods like juicy apples, wolfberries, crunchy almonds, seven whole grains, pumpkin and sesame seeds, and essential oils. Available in apple-cinnamon and apricot flavors.

## Product Story

Between your responsibilities at work and at home it may feel like there's little time for healthy eating. And when you do find time to grab a snack it's probably tempting to just order at a drive-thru or throw a couple of quarters into a vending machine. But it is possible to have a healthy snack! In fact, if you have a busy schedule it's more important to eat nutritious foods that give you energy throughout the day.

If you've been looking for a nutritious and satisfying snack in between meals, the Young Living Manna Bar is the ideal snack. Manna Bars contain whole foods like fruits, nuts, seeds, grains, and cinnamon and lemon essential oils. A perfect companion product to Balance Complete, Manna Bars are a low-calorie snack with four grams of fiber per bar.

Research shows that a diet rich in fiber and whole-grains can reduce the risk of heart disease. People watching their weight should think about both the type of snacks they choose and how often they snack. Studies have shown that eating healthy, nutrient-rich snacks between meals may help with weight loss.

Perfect for a wholesome and convenient snack at home, in the office, or on the go! Discover the nourishing, natural goodness of Manna Bars.

## Primary Benefits

- + Good source of dietary fiber
- + Only 130 calories!
- + Low in sodium
- + Zero trans fats
- + Can help you achieve your weight management goals by contributing nutrient-rich, portable satisfying snackability to your diet

## What Makes This Product Unique?

Manna Bars are 100% natural and are naturally sweetened with organic brown rice syrup. They're naturally cholesterol free with very low sodium and are an excellent source of vitamin B.

## Who Should Use This Product?

A nutrient-rich bar, Manna Bars are a healthy and delicious snack for the entire family.

# Manna Bars

## Did You Know?

- + While fiber may not supply nutrients or calories, it enables the body to perform many vital biological functions including digestion and may have a positive influence on cholesterol, triglycerides, and other particles in the blood that affect the development of heart disease.\*
- + When a low calorie, fiber-rich snack bar, like the Young Living Manna Bar, is incorporated as part of a healthy diet it can lead to greater weight manageability than with calorie counting alone.\*

## Key Ingredients

Apples, apricots, wolfberries, almonds, whole grains, pumpkin and sesame seeds, and flavorful cinnamon and lemon essential oils.

## How To Use

Take in between meals as a snack, two times daily.

## Caution

May contain walnut shells.

## Allergens

Contains raw almonds, raw walnuts, and whole wheat.

## Complementary Products

NingXia Red®, Balance Complete™, Core Essentials Complete™ pack

## Frequently Asked Questions

Q How are the new Young Living Manna Bars different than Young Living's Wolfberry Crisp™?

A *A delicious, complete meal replacement bar, Young Living's Wolfberry Crisp is packed with nutrients that satisfy your appetite, provide an antioxidant boost to your immune system, and supply high-quality protein; whereas Young Living's new Manna Bars are low calorie and designed for healthy and delicious snacking. Both the Wolfberry Crisp and Manna Bar support a healthy, active lifestyle.*