



For PMS symptoms

Canadian manufacturer Jamieson Laboratories has unveiled a line of 15 soy crisp chocolate bars with natural botanicals to help relieve the physical and emotional symptoms of PMS. PMS Support Chocolate Bars contain a blend of white willow bark, sodium caseinate, artichoke leaf and chasteberry. A leader in the vitamin and nutrition industry, Jamieson exports to 50 countries.

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www.jamiesonvitamins.com



Gluten-free, with goji and açai

PranaBars are the first raw, organic and gluten-free energy bars featuring goji and açai in the US market. Made by Divine Foods of California, they are available in six flavours: apricot goji, apricot pumpkin, cinnamon apple, cashew almond, coconut açai and pear ginseng. The bars also contain organic almond butter, date paste and agave nectar.

+1 800 440 6476

www.livingforcefoods.com/flavor

Vegan oat bars

Moist and chewy, Bobo's Oat Bars are vegan and free of cholesterol, trans fats and wheat. They are made mostly of organic ingredients, including oats, brown-rice syrup and Sucanat, as well as coconut, apricot, cranberry, chocolate, banana, cinnamon and raisins. They are available in eight varieties.

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Added MEG-3 fish oils

Jigsaw Health has launched two nutrition bars containing Ocean Nutrition Canada's MEG-3. The nutrition bars, Jigsaw Bar — A Healthy Snack, are available in chocolate and coconut almond. Each bar contains 50mg of EPA/DHA from fish oil, and they are the only bars that contain omega-3s and glyconutrients, the company says. They are also gluten-, casein- and trans-fat free.

www.oceannutrition.com



American Indian buffalo bar

The new Tanka Bar aims to replicate the flavour of the traditional American Indian food pemmican. Marketed by Native American Natural Foods, on the Pine Ridge Indian Reservation, the bar contains buffalo meat and Wisconsin cranberries.

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www.tankabar.com

Phytosterols plus fish oil

Aristo Health, a New Jersey startup company, has launched a line of Aristo wellness bars in three superfruit flavours. The bars are unique proprietary recipes containing Cognis Nutrition and Health's Heart Choice phytosterols to help lower blood cholesterol, 100mg of omega-3s from Ocean Nutrition Canada's MEG-3 encapsulated fish oil, and high antioxidant levels. The bars are made of 60 per cent organic ingredients and are rich in dietary fibre and milk calcium.

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www.aristohealth.com