

Hectic schedules and on-the-go lifestyles demand convenient options for healthy snacks that provide nutritional value while helping adhere to a lower-carbohydrate lifestyle. Coach Bar KTO™ has ideal amounts of protein and fat for this purpose and can be an excellent way to satisfy a craving for something sweet. With only 2 net carbs, each Coach Bar KTO™ is formulated for both lower carb and ketogenic diets. If you like coconut and chocolate, you will enjoy the delicious taste of this bar.

Coach Bar KTO™ features healthy fats from coconut, cocoa butter, sunflower seed butter, and almond butter. The protein comes from both pumpkin seed and hemp proteins which also makes it suitable for vegetarians. And, each bar provides 180 mg of potassium, a critical electrolyte mineral sometimes in short supply on low-carb diets. Lastly, the main sweetener is allulose which is found naturally in figs, raisins and maple syrup. It has no impact on blood glucose or insulin levels when consumed in reasonable amounts.

These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Benefits at a glance

- Delicious chocolate and coconut flavors
- No artificial sweeteners, fructose, glucose or soy
- 6 grams of fiber, 10 grams of protein, and 2 net carbs per bar
- Healthy fats from coconut, sunflower seed butter, and almond butter
- 180 mg. of potassium
- Perfect for vegetarian, low-carb, or Ketogenic diets
- Glycemic index of zero