

# PEAK FUEL<sup>®</sup>

HIGH PERFORMANCE ENERGY FOODS



## PeakFuel Question & Answer Fact Sheet

### Who is the PeakFuel Summit Bar designed for?

For any athlete that requires a nutritionally balanced bar for energy or protein.

### What are the benefits of eating PeakFuel Summit Bars?

Summit bars are made from gluten free brown rice and soy products- idea for Celiac and gluten intolerant people. They are also low GI and contain no preservatives , having only natural ingredients. The bars have a soft texture and are easy to digest, therefore making them ideal for eating while competing or achieving your next big adventure.

### What makes Peak Fuel Summit bars different from other “carbo” bars?

Firstly Summit Bars are not just a carbohydrate source, but also have protein. They also have a great natural taste and come in two flavours – Peanut Brownie and Cranberry & Apple. Because they are formulated to taste good, the carbohydrate and protein levels differ in each type of bar. They are not just a chemist’s formula.

### What Carbohydrate source is used in PeakFuel Summit bars?

The main ingredients are rice flour and brown rice syrup which are low GI- therefore giving sustained energy over a period of time and not just a sugar high.

### Why were Summit Bars developed?

To meet the needs of today’s health conscious athlete who wants a healthy, easy to eat and great tasting solid energy source. They are also designed to compliment the PeakFuel gel range.

There are currently only two flavours in the PeakFuel Summit bar range- let us know what you think of the product and any future flavour suggestions by emailing [info@peakfuel.co.nz](mailto:info@peakfuel.co.nz).