

synergy of nature and science

combining a scientific approach with natural ingredients to meet the nutritional challenges of athletes



Convenient



Fast



Naturally Nutritious

Science in Sport has a unique combination of sport scientists and food technologists allowing us to bring together natural ingredients in a controlled scientific environment to create products that not only taste great, but really work!

GO-Bars were created out of the desire to provide a healthy nutritious and delicious snack that's ideal for athletes and people with active lifestyles. All the existing energy bars seemed to be made from over-processed glop, with added synthetic vitamins in the hope of making them healthy again.

We searched out nature's richest sources of the relevant nutrients that we could combine to create a great tasting naturally nutritious snack.



Every GO bar is packed with fruit the equivalent of about two whole portions of fruit from your 5 a day



What we put in....

Each GO-Bar is made on our own dedicated production line, so we know everything that goes in, we combine real fruit and fruit juices with cereals and Soya Nuggets to create a chewy textured bar.

Organic Oats
To avoid unwelcome contaminants we have sourced organic oats since 2002

Natural Fruit Juice
Concentrated grape juice is the prime basis of our bars - so much so it takes 65g of whole grape juice to produce a 65g bar! Grape juice has a whole host of phytonutrients that help the body run smoothly and efficiently, indeed, its anti-oxidant capacity far exceeds the level of vitamins A, C & E that it contains; this is why we do not take short cuts by simply adding synthetic vitamins - they just don't bring the same benefits.

Soya Protein

Nutritious Soya: soya is a great source of protein, naturally high in Glutamine which is particularly important for recovery and adaptation to exercise.

GM Free: Using non GM Identity Preserved Soya, we have always gone to great lengths to ensure all our ingredients are non GM.

We also add some....

Natural Flavours: concentrates extracted from real fruits, vanilla, and cocoa beans.

Soya lecithin: lecithin is a key building block of cell membranes and protects them from oxidation, furthermore, various studies (Brook et al. 1986, Spilburg et al. 2003) indicate that soy derived

lecithin may positively affect cholesterol and triglyceride levels in the blood
Calcium Lactate: one of the highest bio-available forms of calcium, is found naturally on the surface of cheese. In order to keep our bars vegan friendly we use calcium lactate derived from combining Lactic Acid with Calcium Carbonate

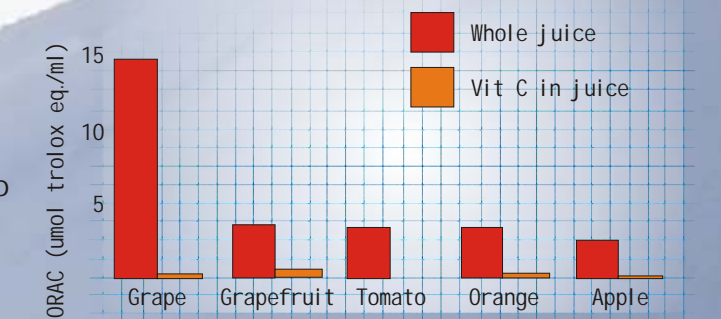
What we don't put in....

No Hydrogenated Vegetable Oils - unbelievable but some companies are still putting these in their sports bars, we never have!

No Added Sugar - we don't add any sugar, high fructose corn syrup, glycerol, glucose syrup, or any other refined simple sugars.

No Artificial Flavours, Preservatives, or Colours
And each bar comes in at about just 2% fat!*

*Apple & Blackcurrant 2%, Tropical fruit 2%, Cherry & Vanilla 2%, Chewy Banana 2%, Chocolate & Orange 4%.



ORAC (micromoles of Trolox equivalent per milliliter) of common commercial fruit juices. The ORAC contributed by vitamin C in a commercial juice was based on the ORAC activity of vitamin C (Cao et al., 1993) and the content of vitamin C obtained from the commercial juice label. No data were available for apple juice. Vitamin C in tomato juice accounted for 0.02 μmol of Trolox equivalent/mL.



fuel your adventure

naturally
nutritious
fast
food

Apple and Blackcurrant

INGREDIENTS
Apple (66%), Grape Juice, Maltodextrin from Maize, Raisins, Organic Oats, Rice and Oat Crisp (Rice Flour, Oat Flour, Vegetable Oil, Lecithin), Soya Crisp (Soya Protein Isolate, Rice Flour, Salt), Blackcurrant (7%), Soya Protein Isolate, Emulsifier (Soya Lecithin), Humectant (Calcium Lactate), Acid (Malic Acid), Natural Blackcurrant Flavouring

Suitable for Vegans ✓

NUTRITIONAL INFORMATION

Typical Values:	100 g	65 g
Energy	1452kJ/349kcal	948kJ/227kcal
Protein	12 g	7.8 g
Carbohydrate	68 g	44 g
of which: sugars	32 g	21 g
Fat	2.4 g	1.6 g
of which: saturates	0.4 g	0.3 g
Fibre	2.0 g	1.3 g
Sodium	0.2 g	0.1 g

Chewy Banana

INGREDIENTS
Banana (30%), Grape Juice, Maltodextrin from Maize, Rice and Oat Crisp (Rice Flour, Oat Flour, Vegetable Oil, Lecithin), Organic Oats, Dates, Pineapple, Soya Crisp (Soya Protein Isolate, Rice Flour, Salt), Soya Protein Isolate, Apricots, Emulsifier (Soya Lecithin), Humectant (Calcium Lactate), Banana Flavouring, Vanilla Flavouring, Acid (Malic Acid)

Suitable for Vegans ✓

NUTRITIONAL INFORMATION

Typical Values:	100 g	65 g
Energy	1308kJ/323kcal	879kJ/210kcal
Protein	12 g	7.8 g
Carbohydrate	70 g	46 g
of which: sugars	31 g	20 g
Fat	2.3 g	1.5 g
of which: saturates	0.4 g	0.3 g
Fibre	2.0 g	1.3 g
Sodium	0.2 g	0.1 g

Tropical Fruit

INGREDIENTS
Tropical Fruits (65%) (Pineapple, Dates, Apricots, Mango, Banana, Passion Fruit), Grape Juice, Maltodextrin from Maize, Rice and Oat Crisp (Rice Flour, Oat Flour, Vegetable Oil, Lecithin), Organic Oats, Soya Crisp (Soya Protein Isolate, Rice Flour, Salt), Soya Protein Isolate, Emulsifier (Soya Lecithin), Tropical Fruit Flavouring, Humectant (Calcium Lactate), Acid (Malic Acid), Vanilla Flavouring

Suitable for Vegans ✓

NUTRITIONAL INFORMATION

Typical Values:	100 g	65 g
Energy	1308kJ/323kcal	879kJ/210kcal
Protein	11 g	7 g
Carbohydrate	48 g	31 g
of which: sugars	34 g	21 g
Fat	2.4 g	1.6 g
of which: saturates	0.4 g	0.3 g
Fibre	2.0 g	1.3 g
Sodium	0.2 g	0.1 g

Cherry and Vanilla

INGREDIENTS
Grape Juice, Maltodextrin from Maize, Cherries (23%), Organic Oats, Rice and Oat Crisp (Rice Flour, Oat Flour, Vegetable Oil, Lecithin), Dates, Pineapple, Soya Crisp (Soya Protein Isolate, Rice Flour, Salt), Soya Protein Isolate, Apricots, Emulsifier (Soya Lecithin), Vanilla Flavouring, Humectant (Calcium Lactate), Cherry Flavouring

Suitable for Vegans ✓

NUTRITIONAL INFORMATION

Typical Values:	100 g	65 g
Energy	1458kJ/349kcal	938kJ/227kcal
Protein	12 g	7.8 g
Carbohydrate	67 g	44 g
of which: sugars	30 g	20 g
Fat	2.4 g	1.6 g
of which: saturates	0.4 g	0.3 g
Fibre	2.0 g	1.3 g
Sodium	0.2 g	0.1 g

Chocolate and Orange

INGREDIENTS
Grape Juice, Maltodextrin from Maize, Raisins, Organic Oats, Rice and Oat Crisp (Rice Flour, Oat Flour, Vegetable Oil, Lecithin), Soya Crisp (Soya Protein Isolate, Rice Flour, Salt), Apricots, Soya Protein Isolate, Orange Juice, Fractionated Coconut Oil (MCT), Cocoa, Humectant (Calcium Lactate), Chocolate Flavouring, Orange Oil, Emulsifier (Soya Lecithin)

Suitable for Vegans ✓

NUTRITIONAL INFORMATION

Typical Values:	100 g	65 g
Energy	1473kJ/349kcal	958kJ/227kcal
Protein	12 g	7.8 g
Carbohydrate	65 g	42 g
of which: sugars	31 g	20 g
Fat	4.3 g	2.8 g
of which: saturates	2.3 g	1.5 g
Fibre	2.2 g	1.4 g
Sodium	0.8 g	0.4 g

