

Mercola Introduces New Fall-Inspired, Healthier Snack Bars

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Mercola expands its best-selling Cassava snack bar line to include two new flavors

Hoffman Estates, IL (PRNEWswire) October 25, 2016 – There are many snack bars available today for consumers on-the-go, but most of them not only contain unhealthy ingredients, they also aren't scientifically formulated to help manage blood glucose levels.

Dr. Mercola, founder of Mercola, created a **healthier, USDA Certified Organic, and gourmet snack bar** with the popular Cocoa Cassava Bar — a moist, chewy bar with organic coconut, chia seeds, and smooth, organic dark chocolate containing no soy, GMO ingredients, or artificial flavors.

This healthier bar fits with Dr. Mercola's passion for improving mitochondrial function in the body (essential for promoting energy and overall health) and his focus on nutritional ketosis, when the body is efficiently burning fat as its primary fuel source instead of glucose.

Dr. Mercola believes that we need to switch over to burning healthy fats for fuel. Even with a moderate amount of net carbs, this bar contains healthy fats and high levels of fiber which can help manage blood glucose levels.

Now, just in time for the fall season, two more gourmet flavors are joining the Mercola cassava bar family — **USDA Certified Organic Macadamia with Goji Berries**, and **Organic Pumpkin Seed with Macadamia Nuts**.

These two new gourmet bars contain all non-GMO ingredients and are soy-free without refined sugar. They contain macadamia nuts, which are highest in healthy fats and lowest in carbs and protein. Not only do these bars contain wholesome ingredients that can help to manage blood glucose levels, they also have unbeatable taste and satisfying flavor and texture.

Perfect as a snack before, during or after a workout, as a dessert bar, or as a pick-me-up, these delicious snack bars are a healthy, functional alternative to the many conventional processed bars that have flooded the market, and contain high-fructose corn syrup, artificial flavors, soy-based and other highly processed ingredients.

About Dr. Mercola and Mercola.com:

Dr. Joseph Mercola is a physician and three-time *New York Times* best-selling author. He was voted the 2009 Ultimate Wellness Game Changer by the Huffington Post and has been featured in several national media outlets including *Time* magazine, *LA Times*, CNN, Fox News, ABC News, the Today Show, and The Dr. Oz Show. Dr. Mercola founded his website, Mercola.com, in 1997 and it has since become the world's #1 natural health resource site — with over one million subscribers to its natural health e-Newsletter.