

GLOBAL FOOD,  
BEVERAGE,  
NUTRACEUTICALS  
CONTRACT RESEARCH  
& DEVELOPMENT  
**FUNCTIONAL FOOD**

Ready-To-Cook

Ready-To-Eat

Functional Foods

Healthy Snacks

Dips & Preserves

Ready-To-Drink

## Protein-Rich Energy Bar



**Shelf Life**  
**6 months**

Food Research Lab scientists formulated a new protein-rich energy bar for a client from France. We focused on making the bar so that its protein content and additional carbohydrates help the consumers stay energised during workouts, training or any other physical activity. The energy bar also provides the post-workout nourishment the body needs to rebuild new muscle tissue and repair any minor muscle tears during workouts.

After several studies and after prior discussions with the client, we concluded the final primary ingredients: spirulina, chlorella powders, coconut flakes, hazelnuts, lemon juice and zest, dates and chia seeds. We further made the combination into a smooth yet crunchy paste. We solidified the paste into a bar and added dry fruits like walnuts, sesame seeds and almonds. The product improved in taste and overall acceptance after these procedures. The final stable bar shape was achieved after slightly heating and rapidly cooling down the bar.

We made sure the composition of spirulina in the energy bar was substantial because spirulina is a protein-rich, rich substance with several micronutrients and antioxidants that significantly impact muscle repair and growth.

We formulated the energy bar in such a way that it provided very low carbs. Our client was overwhelmed with the product and particularly this common carb attribute of the product. This comes in handy for people who train and work out. If consumers miss their training or workout sessions, they can still eat this protein-rich bar due to its almost negligible carbohydrate content. Therefore, this bar can also be consumed by people looking to lose weight and old age people. Because of its overall functionality, the client was extremely grateful to Food Research Lab for developing a good and great product.





## ABOUT FOOD RESEARCH LAB

Food Research Lab R&D, food innovation company, is the unit of Guires. With years of experience in research especially in medical device and pharmaceutical regulations, food product development, scientific publications and clinical trials, the company has now ventured into food research and formed a separate unit, under the brand name of 'Food Research Lab' that will drive food forward. Food Research Lab brings together the latest in food processing equipment, expert food scientists, chefs, nutritionists and partners from across the globe to help food companies and entrepreneurs get their products to market quickly and effectively.

Food Research Lab makes your dream concept into a commercial product as we have strong knowledge of ingredients, processing techniques, and we can bring them all together to help you make the right decisions.

## CONTACT

**Guires Ltd, MIIC Unit 52-56, Greenheys Business Centre,  
Pencroft Way, Manchester, England, M15 6JJ, UK.**

**Call: +44- 161 818 4656, +91 9566299022  
[info@foodresearchlab.com](mailto:info@foodresearchlab.com)**