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INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(51) International Patent Classification ⁶ : A23L 1/30, A23K 1/175, A61K 9/00	A1	(11) International Publication Number: WO 96/37118 (43) International Publication Date: 28 November 1996 (28.11.96)
(21) International Application Number: PCT/US96/07773 (22) International Filing Date: 22 May 1996 (22.05.96) (30) Priority Data: 08/447,224 22 May 1995 (22.05.95) US (71)(72) Applicant and Inventor: KLATZ, Ronald, M. [US/US]; 2434 N. Greenview Avenue, Chicago, IL 60614 (US). (74) Agents: OLIFF, James, A. et al.; Oliff & Berridge, P.O. Box 19928, Alexandria, VA 22320 (US).		(81) Designated States: AU, CA, CN, JP, KR, SG , European patent (AT, BE, CH, DE, DK, ES, FI, FR, GB, GR, IE, IT, LU, MC, NL, PT, SE). Published <i>With international search report.</i>
(54) Title: CHRONOLOGICAL FOOD BAR (57) Abstract A nutritional supplement contains plural parts. Each of the plural parts is chronologically appropriate for its scheduled time of consumption. The nutritional supplement is contained in a palatable base, for example, a food bar which masks any unpleasant taste or texture of the nutrient. The nutritional supplement may contain any one or several nutrients including drugs, vitamins, herbs, hormones, enzymes and/or other nutrients in chronologically appropriate dosages in each part or sub-part.		