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(71) Applicant (for all designated States except US):
NESTEC S.A. [CH/CH]; Avenue Nestlé 55, CH-1800
VEVEY (CH).

(72) Inventors; and

(75) Inventors/Applicants (for US only): JEUKENDRUP,
Asker [NL/GB]; 46 Osmaston Rd, Harborne, BIRMING-
HAM West Midlands B17 0TL (GB). STELLINGW-
ERFF, Trent [CA/CH]; Chemin des Piècettes 4, 1052 LE
MONT-SUR-LAUSANNE (CH). ZALTAS, Eric
[US/CH]; Château de Glerolles, 1071 ST-SAPHORIN
(CH).(74) Agent: ELLEBY, Gudrun; Avenue Nestlé 55, CH-1800
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(54) Title: CARBOHYDRATE BAR

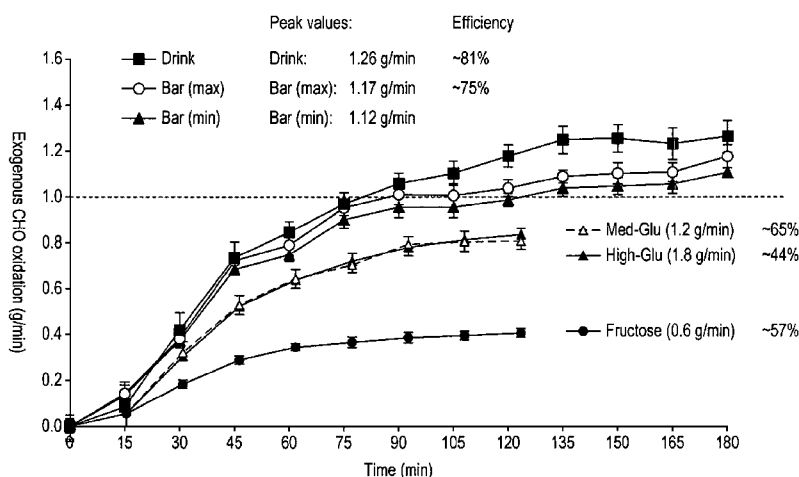


FIG. 2

(57) Abstract: The present invention generally relates to the field of nutrition, in particular performance nutrition. In particular, the present invention relates to a novel carbohydrate bar comprising glucose and fructose in a ratio in the range of 3:1 to 1:1. The carbohydrate bar of the present invention can be used to treat or prevent problems with the gastrointestinal tract while allowing for an enhanced blood sugar maintenance and/or an increased exogenous carbohydrate oxidation.

WO 2009/109516 A1



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