



Aronia
gut bar
A HAPPY GUT = A HEALTHY LIFE

Sarben Health LLC / Gut Bar Brand Products

Sarben Health LLC was formed on February 7, 2020 by Shirley and Steven Crites as a Nutritional Products company in Centennial, CO

The purpose of Sarben Health is to develop, produce, market and promote products for the general public addressing various health concerns including overall nutritional health, cardiovascular, neurological and auto-immune disease mostly by support through the gut microbiome.

Sarben Health acts as a parent company for the Gut Bar Brand and affiliated products now and in the future along with other brand opportunities.

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PRODUCTS CATALOG



GUT BAR

The BEST for overall health **BECAUSE**
It's the Best for GUT health!

NO HIDDEN SURPRISES...
JUST WHOLESOME GOODNESS.

PRODUCT ORDERING

“Let food be thy medicine and medicine be thy food.” - Hippocrates

This is exactly why we founded Gut Bar.

There is a need for high quality products to help promote GUT and OVERALL health that:

- Are minimally processed
- Contain whole raw foods
- Have NO added sugar or preservatives
- Contain ingredients that are actually FUNCTIONAL foods!

BE UNIQUE.

BE AMONG THE FIRST TO OFFER ARONIA BERRY PRODUCTS.

THEY ARE HARD TO FIND AND CONSUMERS ARE BECOMING MORE AWARE OF THE INCREDIBLE BENEFITS.

Aronia offers so much more than elderberry, acai, blueberry or any other berry available. It is the BEST berry!

WE MAKE IT EASY!

Gut Bar products give you different delivery system options for the powerful Aronia berry and features 3 unique product offerings for the health-conscience consumer.

ONE SERVING of each of these products gives a daily boost for IMMUNITY, DIGESTIVE and OVERALL HEALTH.

Gut Bar in Four Flavors ordered in cases of 12



Gut Bar Powder ordered individually



Gut Bar Aronia Juice Shots ordered in cases of 12



OUR GUT BAR PRODUCTS

ARONIA GUT BARS



- Four delicious flavors
- No artificial stuff. Just simple, real health and gut boosting ingredients.
- Vegan. No added Sugar or Preservatives. Gluten, Grain and Dairy Free.
- Very Flavorful and Satiating. Great way to curb appetites.

GUT BAR DRIED ARONIA POWDER



- For optimal nutritional integrity, we use the ENTIRE berry, carefully dried and minimally processed, including the super beneficial and gentle fiber of the skin.
- But that's not all! We also add a touch of chicory root inulin fiber for a PREbiotic boost.
- Aronia berries together with chicory root serve as amazing fuel for bacteria in your gut, help improve the intestinal barrier and may help address "leaky gut".
- Say goodbye to gut issues – and hello to a gut flourishing with good bacteria.

GUT BAR ARONIA JUICE SHOTS



- Aronia berries in juice form are full of compounds shown to regulate the gut microbiome, are anti-inflammatory and may help boost immunity.
- Athletes and other active people love a Gut Bar Shot before or after workouts or for a quick boost of energy.
- A natural energy shot vs other sugar and caffeine infused shots that are largely bioengineered.
- We keep it simple. Just juice of Aronia berries with a touch of propolis for added preservation. Each shot packs a powerful antioxidant punch, with ZERO chemical preservatives.

WHAT WE BELIEVE

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Many people have gut issues and not even know it! When your immune system (think your gut) is down, your body is prone to disease. If you're feeling "not quite right", it could very well be your gut health. In fact, Americans are chronically afflicted with:

- Inflammation
- Poor Immunity
- Brain Fog
- Lack of Energy
- Difficulty Sleeping
- Autoimmune Issues

There is a need for high quality products that help promote GUT and OVERALL health that:

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LET'S TALK ARONIA BERRIES AND GUT HEALTH

WHAT ARE ARONIA BERRIES?

Regarded by Native Americans as the “magic berry,” they used Aronia Berries for medicinal remedies. Nature’s true “SUPER FRUIT” is an antioxidant powerhouse that exhibits more free-radical fighting ability than any other fruit including blueberry, acai berry and even elderberry.



- Support for the Gut: may help reduce inflammation & balance the digestive system
- Research shows compounds abundant in Aronia berries help support overall health
- Aronia Berries are the most plentiful source of polyphenols, which is why we pack 25+ Aronia Berries into each serving of our Gut Bar products.

BOOST the immune system, BOOST your gut health, BOOST your overall health!

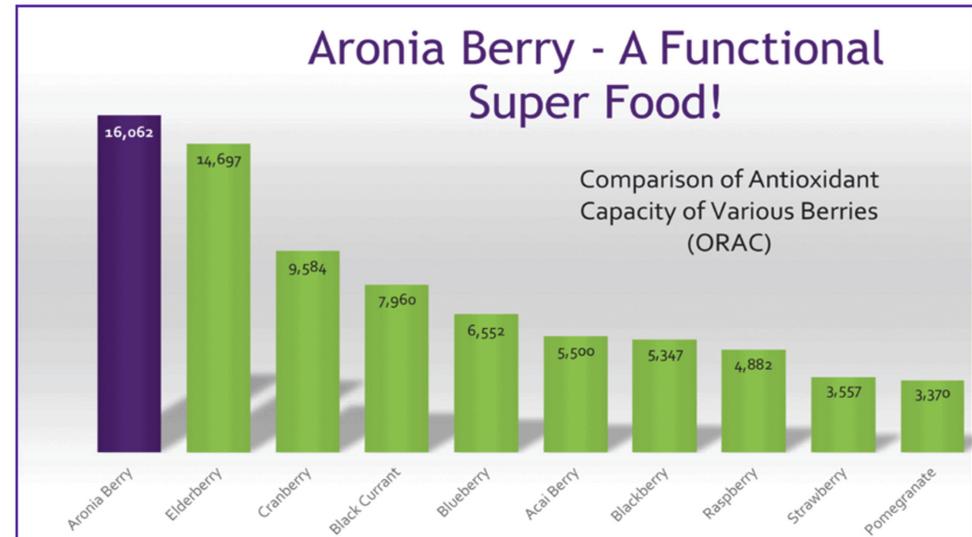
WHY FOR GUT HEALTH

- ▶ 70% of the immune system resides in the gut
- ▶ Once we realized how amazing the Aronia berry was for your gut, we knew it had to be the heart of our Gut Bar products!
- ▶ There are many reasons our guts are in trouble:
 - Standard American Diet
 - Processed Foods
 - Preservatives
 - Bad Water
 - Pesticides
 - Stress
 - Imbalance of bacteria

ANTIOXIDANTS

ANTIOXIDANT (ORAC) CHART

Oxygen Radical Absorbance Capacity
(Measure of Antioxidant Activity and Polyphenols)



Antioxidant Activity and Polyphenols of Aronia in Comparison to other Berry Species: Jakobek et al, *Agriculae Conspectus Scientificus* Vol 72 (2007) No. 4 (301-306)

Research shows the abundant compounds found in Aronia berries help support overall health and well being.

ARONIA contains

- Antioxidants (over 400 natural compounds)
- Chlorogenic/Hydroxycinnamic Acid Antioxidants (over 4000 natural compounds)

AND IS

- #1 in anthocyanins- 4X more than in blueberries
- #1 in quercetins- 3.5X more than in strawberries
- #1 in catechins- up to 60% more than in green tea
- #1 in free caffeic acid- >100x more than in coffee, apple sauce, or apricots
- #1 in stilbene
- #1 in resveratrol - 4x more than in red wine and 20x more than in cocoa