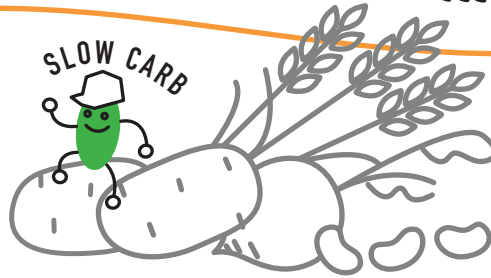


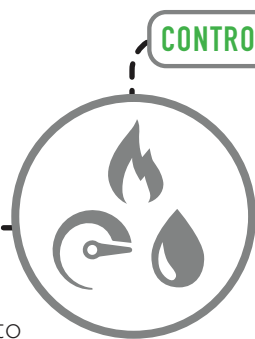
SLOW-RELEASE CARBS

provide steady morning energy

Slowly Digestible Starch is a slow-release carb **naturally occurring in uncooked grains, legumes, roots & tubers.**



When slow-release carbs are exposed to uncontrolled heat, pressure, and moisture during cooking, they can be converted to fast-release carbs. Slow-release carbs **can be preserved by controlling these conditions** in a specific way.

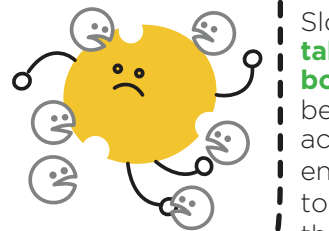
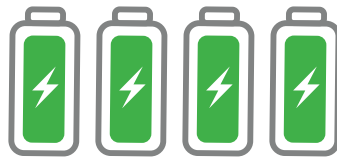


CONTROLLED

OVER-EXPOSURE



As a result, slow-release carbs provide a steady release of glucose **fueling the body with energy the whole morning.**



Slow-release carbs **take longer for the body to break down** because they are less accessible to enzymes, compared to fast-release carbs that are broken down quickly.

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