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frequently asked questions

• **What are unique about Arico Bars?**

Arico Bars are delicious, all natural, whole grain nutrition bars with nutrition values that offer an excellent source of calcium and (3 grams) of fiber. They are made with organic ingredients and are individually wrapped for grab-and-go convenience and to preserve quality. Arico Bars are free of: gluten, wheat, casein, dairy, trans fat, refined sugars, preservatives, and colorings. Arico Bars are created with "mindful snacking" at heart.

• **What is Teff/Tef Flour?**

Teff comes from the grass family of tiny cereal grains native to northern Africa. These grains are ground into flour and used to prepare 'injera' or Ethiopian flat bread. Teff flour is a pleasingly light, uniquely flavored, whole grain flour. Teff flour is gluten free and approved for the gluten-sensitive consumers by:

- [Celiac Disease Foundation](#)
- [Celiac Sprue Association](#)
- [Gluten Intolerance Group](#)
- [Canadian Celiac Association](#)

Nutrition values of Teff flour include high quality complex carbohydrates, proteins, minerals and fiber.

• **Does your brown rice syrup use barley malt?**

No, our organic brown rice syrup is derived from organically grown brown rice, lightly filtered to yield translucent syrup. It is gluten free and USDA certified organic by Quality Assurance International under the USDA's National Organic Program. It is also Kosher certified.

• **What is the shelf life of Arico Bars?**

12 months

• **How can Arico Bars, all natural, have such a long shelf life (12 months)?**

Arico Bars are formulated and baked to low moisture and water activity (available water) to inhibit microbial growth. Such is the case with organic dried fruits, they are preserved by lowering the moisture and water activity to extend the shelf life. Moreover, we use a multi-layer packaging that enhances the moisture barrier and keeps out UV light and oxygen. Natural vitamin E is added to maintain freshness.

• **What is the best way to store Arico Bars?**

Cool room temperature is recommended. Avoid extremely hot temperatures for extended periods of time.

• **Are Arico Bars 100% organic?**

Arico products contain more than 70% organic ingredients. Organic ingredients include whole eggs (caged-free farms), brown rice flour, dark chocolate chunks, peanut butter and almond meal. Rest assured, we work closely with ingredients suppliers to ensure the highest quality standard and safety.

• **What are the quality standards of Arico Bars ingredients?**

- No refined sugars or artificial sweeteners
- Non-irradiated
- No sulfites
- No preservatives



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- No colorings
- No yeast
- Gluten-free, Wheat-Free
- Dairy-free, Casein-Free
- Kosher and Organic Certified

• **Are Arico Bars low carb?**

No, Arico Bars contain good carbohydrates derived from whole grain. A healthy body needs good carbohydrates to function well. Arico Bars also contain contain 3 grams of fiber and 250mg of calcium.

• **What do you use for your products' sweeteners?**

We use organic evaporated cane juice and organic brown rice syrup. Evaporated cane juice is crystallized from the pressing of sugar cane and is minimally processed, unbleached, produced without using chemicals.

• **What flour do you use?**

We use organic brown rice flour and teff flour because of their wholesome nutrition values. Brown rice has more flavor, higher fiber and higher protein than white rice. While one cup of cooked teff contains 387 milligrams of calcium (40 percent of the USRDA, more than milk), 15 milligrams of iron (100 percent of the USRDA, twice more iron than wheat or barley), high in protein and fiber.

• **Who conducts your organic certification?**

We are certified organic by QAI – Quality Assurance International.

• **Are your products Kosher?**

All our products are OU-D Kosher certified by the Kashruth Division of the Union of Orthodox Jewish Congregations of America.

why no trans fat?

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Trans fatty acids, trans fats, or hydrogenated fats, are human-made, processed fats that pose higher health risks than any other fats. Trans fats raise blood cholesterol levels and significantly increase the risk of premature heart disease. Trans fat may pose an even higher risk of heart disease than saturated fats because they not only raise total cholesterol levels, but also deplete good cholesterol levels (HDL). Trans fats were created by manufacturers to prolong shelf life, reduce cost, and improve flavor and texture. We are able to do without them.

Not all fat is bad. Consumed in moderation, monounsaturated and polyunsaturated fat promote good health, provide flavor, and contribute to a feeling of satiety. Trans fats, however, clog arteries, increase the risk of heart disease, type II diabetes, and obesity. Reducing the intake of trans fats and replacing them with healthier choices lower the risk for many chronic health problems.



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why dark chocolates?

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The origination of chocolates began some 2000 years ago with the ancient Mayans in Mexico and Central America. From the rainforest cacao trees were harvested, fermented, roasted, and its seeds grounded into paste. The paste was then mixed with chili pepper, water, and other ingredients to make a spicy, frothy drink called chocolate, which was then believed to empower universal wisdom and knowledge that continued into the afterlife.

In the 16th century the explorer Cortez brought cacao to Spain; thus, the beginning of chocolate history that spread to the English, Dutch, Italians, and French. In 17th century, chocolate houses popped up around Europe that are similar to today's coffee shops.

Packed with flavonoids, chocolate can be beneficial for cardiovascular health and also act as antioxidants. On flip side, however, today's chocolates are often filled with sugar and saturated fat, so be careful which chocolates you eat because they are not created equal.

A dark chocolate contain more than twice as many antioxidants as a bar of milk chocolate and has fewer calories. Chocolate is also renown for lifting mood. One study shows the smell of chocolate actually relaxes by increasing theta waves in the brain. Chocolate also contains small amount of the chemical phenylethylamine (PEA), which is a mild mood elevator, and just so happens to be the same chemical that our brains produce when we feel happy or are in love.

why gluten free?

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Gluten is a protein found in all forms of wheat, rye, barley and oats (in America). More and more people are discovering intolerance or even allergies from gluten consumption. Although new, research indicates a growing prevalence of people possessing this lifelong digestive disorder called Celiac illness -- gluten consumption that damage the small intestine by interfering with the absorption of nutrients. Benefits of staying gluten-free for these people include, among others, reduced early onset of osteoporosis, depression, fatigue, unexplained anemia, infertility, irritable bowel syndrome, vitamin deficiencies, skin rash, and abdominal pain. Celiac illness is now know as the world's most common genetic condition.

why casein free?

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Casein is a protein found in dairy products such as milk, butter, and cheese. For some people, casein consumption affects their immune system negatively. Medical research also links gluten free/casein free diet as treatment for Autism. According to Newsweek cover page story in Feb 2005, the number of children diagnosed with autism has jumped ten times in the last 20 years.



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why organic?

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Organic agriculture is an ecological production management system that promotes and enhances biodiversity, biological cycles and soil biological activity. It is based on minimal use of off-farm inputs and on management practices that restore, maintain and enhance ecological harmony.

Food that is grown according to organic principles is free from exposure to harmful herbicides and pesticides. Organic agriculture involves the healthy maintenance of the soil and the ecosystem in which crops and livestock are raised. Organic practices recognize that healthy, vibrant, and live soils and ecosystems significantly benefit crops. Natural, undisturbed soil is alive with microbotic organisms that exist in harmony together with the native plant life and the inorganic minerals that provide the soil's substrate.

Our products are made with all natural ingredients, unrefined sugar and contain no chemicals whatsoever.