

# Another unsolicited review! (I love these!) ~ Cari

## CUT 'N PASTED FROM FACEBOOK 9.14.11 9:30pm



**Sarah Kostishak Allan**

Oh my gosh! If you haven't tried Cari Draft's amazing EcoTrek Fitness bars, you are MISSING out. They are amazing. Not only are they a wonderful nutritious bar, they taste amazing. I shared one with Eli and he collapsed the the ground claiming "I'm sorry mommy, but I died because it's so good."



**Cari Draft**

sarah! remember how i got that cute little box of treats that day i was picking up my mom from the airport? when i handed them to her she said,"ohhhh these are pretty. i've been craving those DARN BARS all week though...!"



**Sarah Kostishak Allan**

... And to continue my rant that was half done when I accidentally sent it... I want to share some thought on why this bar blows me away, beyond the amazing taste and texture. Anyone who knows me knows I am a bit OCD, a bit of a health nut, and a crazy label reader. Also, because of health issues in our family, we are pickier than most when it comes to nutritional content. Just give my five year old a nutritional label and watch in amazement, I've created a monster. Anyway, this 195 calorie bar (I aim for <300 calories per meal), has 5g of fiber, 10g of protein and 100% of the following vitamins and minerals: A, C, Calcium, D, E, K, B6, B12, Biotin, Iodine, Selenium, Phosphorous, Panthothenic Acid, Magnesium, Manganese. It also has a solid supply of a number of other minerals. It's nice to see a good source for the Iodine. So many people have switched to sea salt, which doesn't have the added Iodine table salt does. That's fine and dandy if you get your Iodine through other (healthy, non processed food) sources, but many people don't. Iodine is necessary to keep your thyroid functioning!



**Sarah Kostishak Allan**

Also, all that is with only 9g fat and 24g carbohydrates. The best part for me? Each bar has only 65mg of sodium! As someone with kidney disease, I try to keep sodium down to a bare minimum, but it's nearly impossible with anything processed. Thanks Cari, and how do I order a few boxes?



**Sarah Kostishak Allan**

Haha, Cari, you posted while I was typing up my rant :) I love these things.



**Brent Courson**

After somehow managing to make my way through the longest post ever, I think I now want to try some of these bars!



**Cari Draft**

::WOW:: amazing review!!! i need to screenshot this & post it to my website, sheesh girl!!!

here's a list of the retailers i have them into so far (they are still very new so give me some time, i'll have them everywhere soon, haha - and you're the BEST sarah thanks!):

<http://ecotrekfitness.com/bars.shtml>

EcoTrek Fitness | Resources | EcoTrek Fitness Whole Food Bars  
ecotrekfitness.com

It's our first-ever very own private-label nutrition product, made ONLY for EcoTrek Fitness!



**Sarah Kostishak Allan**

Brent, try the bars. Seriously. Cari, Liquid Cargo in the Boardwalk Building might be another great place to carry them :)



**Brent Courson**

Will keep an eye out for them the next time I head out to Harvest Health Foods. Gazelle Sports might be another spot to try to offer these.