

# YoFi Protein & Fibre full Prebiotic Chocolate

**Yogurt**, the Yo, is an excellent source of protein better than milk not only in quantity but also more importantly the quality. Since yogurt is made with live and active lacto-cultures, it is now a healthy lifestyle favourite. Quality! Because the microbial culturing of the milk proteins during fermentation in yogurt preparation makes these proteins easier to digest. Such proteins are also referred as "pre-digested." like honey is for the carbohydrates!!

Caseins, are the major group of milk proteins that coagulate in yogurt, having the most appropriate amino acid composition for growth and development of the young. Caseins are highly digestible in the intestine and this wonderful quality of these proteins in cattle milk makes it such an important human food. Coagulated casein in yogurt is rich source of amino acids and two important inorganic elements, calcium and phosphorus. Yo, the first value part of YoFi bar is yogurt contributing these nutritious and so easily digestible proteins.

**Fibre**, the Fi, is the second value part of YoFi bars. Nutritionists recommend 25 to 38 grams of fibre every day and obviously it is not possible to get it from one meal or one source. Best way is to supplement a portion of fibre from a dessert product like chocolate! Although not an energy source for humans, fibre is an important dietary aid that makes the gut healthy, metabolism strong and prevents many diseases or disorders like it can decrease cholesterol levels, help to reduce the risk of heart disease and even help control blood sugar levels.

YoFi gets this from Fenugreek (*Trigonella foenum-gracium*) or traditionally called "Methi" in India which is a leguminous herb possessing wonderful medicinal and spice value. Fenugreek seeds offer the richest source of both soluble and insoluble fibre. The whole seed powder has a bitter taste and odour due to certain constituents, present in its germ portion but not due to its polysaccharide. Purified fenugreek oligosaccharide gum used in this YoFi bar is a completely odourless and tasteless ingredient making the chocolate taste as it should!

Most desirably the fenugreek gum thickens the ingested food to form a gel in stomach trapping fat, sugars and starch hydrolysing 'amylase' enzyme to slow down sugar absorption.

**Wow! YoFi bar has Yo (Yogurt) joining the Fi (Fiber) for the gut bringing a smiling life with guts !!**



**YoFi is wonder of deep scientific functional food research** combining taste with nutrition having most digestive proteins with soluble fibre, a necessity of metabolism and healthy life. And that too is in a "GenY" taste format of a chocolate bar that has added value of the prebiotic potential too for making all probiotic supplements effective which we take for gut health by helpful microbes that sustain life!!

**What next?** YoFi is appearing in deep (Dark chocolate), light (Milk chocolate) and white (Milky bar) choices for adults, teens and children while seniors have all for them too with less absorption of sugar and fat. It is for everyone whether you like classic chocolates or you like mild or light.



**SKiES Life Technologies Pvt. Ltd.**  
*Bringing nature to life*

Research & Development : SKiES Lab, Biotech Park, Kursi Road, Lucknow 226021, UP, INDIA  
Head Office : SKiES, E-6, Office-1, 1st Floor, Bali Nagar, New Delhi 110015, INDIA

Contact: Biotech Park : +91 8765346971,

Head Office : +91 11 25937717

info@skiesindia.com

www.skiesindia.com