



# AT A GLANCE

Dr. Rachel Pauls founded Rachel Pauls Food to help people more easily manage their digestive issues and live healthier, happier lives. A physician, mother of three and mission-driven entrepreneur, Dr. Pauls follows a low-FODMAP food plan to eliminate her own symptoms of Irritable Bowel Syndrome. FODMAPs are carbohydrates that can trigger gas, bloating, cramping, diarrhea and constipation. In search of a great-tasting, low-FODMAP energy bar, Dr. Pauls utilized her medical, research and baking skills to create Happy Bars, which contain less than 0.5 grams of total FODMAPs per serving. She also worked with a lab to develop the only known North American lab test capable of analyzing food for FODMAP content, and created the Dr. Rachel Pauls Low-FODMAP Seal of Approval. Happy Bars can be ordered online with free delivery nationwide in the United States. For more information, visit [rachelpaulsfood.com](http://rachelpaulsfood.com).

## Dr. Rachel Pauls

Dr. Pauls has been a faculty member of the Obstetrics and Gynecology program at TriHealth since 2006 and the Fellowship Director for the Female Pelvic Medicine and Reconstructive Surgery Division since 2013. She has published over 70 journal articles and book chapters, and her research has been presented at over 80 meetings worldwide.

## Happy Bars

Delicious, natural and portable, Happy Bars come in five delectable flavors:

- Chocolate Chip Delight
- Orange Chocolate Ecstasy
- Peanut Chocolate Euphoria
- Peanut Maple Pleasure
- Oatmeal Rasin Bliss

Each Happy Bar contains:

- Simple, all-natural ingredients
- 8 to 10 grams of protein
- 3 grams of fiber
- 200 to 215 calories
- Healthy fats derived from either peanuts, almonds or sunflower seeds
- Less than 0.5 grams of total FODMAPs per serving
- No preservatives



## Pricing

A box of 12 bars is \$34.99. Each additional box ordered at the same time is \$26.99. Shipping is free.



## Dr. Rachel Pauls Low-FODMAP Seal of Approval

Working with a food-testing laboratory, Rachel Pauls Food developed a test to analyze food and determine the level of FODMAPs. Our laboratory is the

only known U.S. facility offering this test, which verifies that our food is low-FODMAP.

When you see the Dr. Rachel Pauls Low-FODMAP Seal of Approval, the product has been scientifically analyzed and verified as low-FODMAP and contains less than 0.5 grams of total FODMAPs per serving.

## Media Contact

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