

Bar Extra Chocolate Launches The “JET LAG BAR” For Jet Lag and Travel Fatigue

Sleep Tonight

80% Cacao



JET LAG BAR

“She believed
she could
so she did.”

-R.S. Grey



100g - 3.5oz

Ben Gurion Airport, Israel Sep 23, 2022 ([Issuewire.com](https://www.issuewire.com)) - Bar Extra Chocolate a startup company, which is focused on the development of nutraceutical products is pleased to introduce their latest innovation, The JET LAG BAR an 80% Dark Chocolate “Cacao” Bar Designed to Help Combat the Symptoms of Jet Lag and Travel Fatigue. The all-natural nutraceutical chocolate is designed to help travelers cope with the stresses of long journeys, and adjust to changes in their sleep schedules. Designed for business travelers, pilots, flight attendants, and simply vacationers, The JET LAG BAR allows people to arrive at their destinations feeling relaxed and refreshed, and able to adjust more easily to a new time zone.

The JET LAG BAR is the world's first non-narcotic sleep-inducing chocolate, containing a shot of natural L-Theanine from Taiyo Kagaku Co., Ltd., a leading manufacturer of the amino acid L-Theanine. The JET LAG BAR is made in Israel by Bar Extra Chocolate located in the Ma'ale Chever Industrial Zone in Pnei Hever ISRAEL 9042000 and contains 80% cacao, 333 milligrams of naturally derived L-Theanine amino acids >98% pure per 100-gram bar. The JET LAG BAR is certified kosher by the New York-based ORTHODOX UNION.

Distinguishing between Jet Lag and Travel Fatigue has implications for travel schedule planning and health monitoring. Jet Lag is the consequence of circadian desynchronization and resolves with resynchronization at a rate of 1 day per time zone. Jet Lag tends to be episodic and characterized by gastrointestinal disturbance (heartburn, indigestion, diarrhea), sleep disturbance, intermittent fatigue, and impaired concentration. Travel Fatigue accumulates over time. Travel Fatigue tends to be characterized by persistent fatigue, recurrent illness, changes in behavior and mood, and loss of motivation.

Swiss Chocolate aficionado Yitzhak Goldstein, a strictly observant Jew and founder of Bar Extra Chocolate, thinks the new innovation delivers a great-tasting dark chocolate bar but with the addition of L-Theanine, providing chocolate lovers an extraordinary cacao experience. “In addition, the active ingredient in dark chocolate ‘Theobromine’ often inhibits cortisol, a stress hormone, from being released. Instead of depending on a Travel Fatigue prescription medicine, consumers can simply bite into a JET LAG BAR!” said Goldstein. “Recent research shows new medical benefits by eating dark chocolate for breakfast that prevents circadian desynchrony in experimental models of Jet-Lag and Shift-Work,” noted Goldstein. <https://www.nature.com/articles/s41598-020-63227-w>

DISCLAIMER: The statements made regarding these products have not been evaluated by the Food and Drug Administration. This press release is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please check with your doctor.

For more information visit <https://jetlagbar.webnode.co.uk>

<https://youtu.be/Jkany2gAHXc>

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Source : Bar Extra Chocolate

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