

## 1421802 - PowerBar Natural Energy Sweet'n Salty 40g

### Sales description

Crispy cereal bar for athletes with whole grain rolled oats, pretzel sticks, pumpkin seeds and magnesium.

### Ingredients

Whole grain rolled **oats**\* (24%), glucose syrup\*, pretzel sticks (13%) [wheat flour\*, vegetable fat\*, salt, acidity regulator (sodium hydroxide), **wheat** malt flour\*, emulsifier (mono- and diglycerides of fatty acids)], invert sugar syrup\*, **oat** crisps (**oat** bran\*, **wheat** flour\*, sugar\*, cornflour\*, **wheat** malt flour\*, salt, molasses\*) barley malt extract\*, pumpkin seeds\* (4,7%), **soybeans**\*, vegetable fat\*, humectant (glycerol\*), **soy** crisps (isolated **soy** protein\*, rice flour\*, **barley** malt extract\*, salt), salt, honey\*, magnesium carbonate, emulsifier (lecithin\*), antioxidant (tocopherol-rich extract\*).

\*natural ingredient.

May contain traces of **milk**.

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1678	399	671	159
Fat [g]	10,5		4,2	
of which saturates [g]	3		1,2	
Carbohydrates [g]	63,5		25,4	
of which sugars [g]	19,5		7,8	
Fibre [g]	5		2	
Protein [g]	10		4	
Salt [g]	1,4		0,56	

Vitamine/Mineralstoffe	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Magnesium [mg]	180	48	72,0	19

<sup>1</sup> Percentage of recommended daily allowance

### Suggested usage

- ▶ Consume 1 bar within 60 mins before sport and/or
- ▶ During sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration.  
1 PowerBar NATURAL ENERGY CEREAL bar contains approx. 26g carbohydrates.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. 1-4 bars per day.

More Info at [rosebikes.com](http://rosebikes.com)

## 1421787 - PowerBar Natural Energy Strawberry & Cranberry 40g

### Sales description

Crispy cereal bar for athletes with whole grain rolled oats, strawberries, candied cranberries and magnesium.

### Ingredients

Whole grain rolled oats\* (34%), glucose syrup\*, invert sugar syrup\*, **oat** crisps (**oat** bran\*, **wheat** flour\*, sugar\*, corn-flour\*, **wheat** malt flour\*, salt, molasses\*) **barley** malt extract\*, strawberries\* (4,6%) **soy** crisps (isolated **soy** protein\*, rice flour\*, **barley** malt extract\*, salt), candied cranberries \* (4%) (cranberries\*, sugar\*, sunflower oil\*) vegetable fat\*, humectant (glycerol\*), honey\*, magnesium carbonate, emulsifier (lecithin\*), natural flavouring\*, salt, antioxidant (tocopherol-rich extract\*).

\*natural ingredient.

May contain traces of **milk**.

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1622	385	648	154
Fat [g]	7,5		3	
of which saturates [g]	2,5		1	
Carbohydrates [g]	68,7		27,5	
of which sugars [g]	25,5		10,2	
Fibre [g]	5,3		2,1	
Protein [g]	7,9		3,1	
Salt [g]	0,35		0,15	

Vitamine/Mineralstoffe	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Magnesium [mg]	180	48	72,0	19

<sup>1</sup> Percentage of recommended daily allowance

### Suggested usage

- ▶ Consume 1 bar within 60 mins before sport and/or
- ▶ During sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration.  
1 PowerBar NATURAL ENERGY CEREAL bar contains approx. 26g carbohydrates.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. 1-4 bars per day.

More Info at [rosebikes.com](http://rosebikes.com)

## 1421796 - PowerBar Natural Energy Cacao-Crunch 40g

### Sales description

Crispy cereal bar for athletes with whole grain rolled oats, cocoa mass and magnesium.

### Ingredients

Whole grain rolled oats\* (30,7%), glucose syrup\*, **oat** crisps (**oat** bran\*, **wheat** flour\*, sugar\*, cornflour\*, **wheat** malt flour\*, salt, molasses\*) invert sugar syrup\*, cocoa mass\* (5,8%), **barley** malt extract\*, humectant (glycerol\*), **soy** crisps (isolated **soy** protein\*, rice flour\*, **barley** malt extract\*, salt), vegetable fat\*, honey\*, magnesium carbonate, emulsifier (lecithin\*), salt, antioxidant (tocopherol-rich extract\*).

\*natural ingredient.

May contain traces of **milk**.

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1638	389	655	156
Fat [g]	9		3,6	
of which saturates [g]	3,3		1,3	
Carbohydrates [g]	65,5		26,2	
of which sugars [g]	20		8	
Fibre [g]	5,7		2,3	
Protein [g]	8,6		3,4	
Salt [g]	0,55		0,23	

Vitamine/Mineralstoffe	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Magnesium [mg]	180	48	72,0	19

<sup>1</sup> Percentage of recommended daily allowance

### Suggested usage

- Consume 1 bar within 60 mins before sport and/or
- During sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration. 1 PowerBar NATURAL ENERGY CEREAL bar contains approx. 26g carbohydrates.
- As part of a varied and balanced diet and a healthy lifestyle. 1-4 bars per day.

More Info at [rosebikes.com](http://rosebikes.com)

## 1905942 - PowerBar Natural Energy Apple Strudel 40g

### Sales description

Fruity bar for athletes with magnesium- Apple Strudel.

### Ingredients

Apple preparation (50%) (apple juice concentrate\*, apples\*, apple pulp\*, starch\*), raisins\* (20%), **soy\***, **almonds\*** (12%), wafer (starch\*, water, vegetable oil), magnesium citrate, cinnamon\*.

\*natural ingredient.

May contain traces of **gluten, milk, peanuts and other nuts..**

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1590	378	637	152
Fat [g]	11,9		4,8	
of which saturates [g]	1,4		0,6	
Carbohydrates [g]	53,6		21,4	
of which sugars [g]	49,0		19,6	
Fibre [g]	6,0		2,4	
Protein [g]	11,2		4,5	
Salt [g]	< 0,1		< 0,04	

Vitamine/Mineralstoffe	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Magnesium [mg]	188	50	75	20

<sup>1</sup> Percentage of recommended daily allowance

### Suggested usage

- ▶ Consume 1 bar within 60 mins before sport and/or
- ▶ During sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration.  
1 PowerBar NATURAL ENERGY FRUIT & NUT delivers approx. 21g carbohydrates.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. 1-4 bars per day.

## 1905951 - PowerBar Natural Energy Forest Fruit 40g

### Sales description

Fruity bar for athletes with magnesium-cranberry.

### Ingredients

Apple preparation (apples\*, apple juice concentrate\*, apple pulp\*, starch\*), date juice concentrate\*, **soy\***, cranberry preparation (15%) (cranberries\*, pineapple juice concentrate\*, sunflower oil\*), **almonds\*** (12%), wafer (starch\*, water, vegetable oil), magnesium citrate;

\*natural ingredient.

May contain traces of **gluten, milk, peanuts and other nuts..**

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1605	382	640	152
Fat [g]	11,3		4,5	
of which saturates [g]	1,4		0,6	
Carbohydrates [g]	55,8		22,3	
of which sugars [g]	50,0		20,0	
Fibre [g]	7,3		2,9	
Protein [g]	10,6		4,2	
Salt [g]	< 0,1		< 0,04	

Vitamine/Mineralstoffe	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Magnesium [mg]	188	50	75	20

<sup>1</sup> Percentage of recommended daily allowance

### Suggested usage

- › Consume 1 bar within 60 mins before sport and/or
- › During sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration.  
1 PowerBar NATURAL ENERGY FRUIT & NUT delivers approx. 21g carbohydrates.
- › As part of a varied and balanced diet and a healthy lifestyle. 1-4 bars per day.