

1737457 - PowerBar ISOACTIVE Isotonic Sports Drink
Red Fruit Punch

Sales description

Powder for the preparation of an isotonic drink with 5 minerals and carbohydrates for athletes, pomegranate-raspberry flavour

Ingredients

Dextrose, maltodextrin, fructose, minerals (sodium citrate, sodium chloride, calcium lactate, potassium chloride, magnesium carbonate), acidity regulator (citric acid), natural flavours, beetroot juice powder. May contain traces of **soy** and **milk**.

Nutritional information	per 100 g		per 33 g portion*	
Energy	kJ	kcal	kJ	kcal
	1542	363	509	120
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	89		29	
of which sugars [g]	60		20	
Protein [g]	0		0	
Salt [g]	2,9		0,95	

Mineralstoffe	per 100 g	% ¹	per 33 g portion*	% ¹
Sodium [mg]	1147		379	
Potassium [mg]	456	23	151	8
Chloride [mg]	1149	144	379	47
Calcium [mg]	183	23	60,3	8
Magnesium [mg]	88,0	23	29,0	8

¹ Percentage of recommended daily allowance
* 33 g powder in 500 ml water

Directions

- Recommended preparation (1320 g tin – red measuring spoon (22 ml)): Dissolve 33 g of powder (approx. 2 measuring spoons) in 500 ml water.
- Recommended preparation (600 g tin – transparent measuring spoon (25 ml)): Dissolve 33 g of powder (approx. 1 1/2 measuring spoons) in 500 ml water.

General hydration strategy for activities >60 minutes

- Drink 200-300 ml one hour before sports
- Drink 150-200 ml every 15 minutes during sport
- ISOACTIVE also supplies your body with carbohydrates. One serving offers 29 g of carbohydrates. During sport, it is recommended to consume up to 90 g of carbohydrates per hour, depending on intensity and duration.
- As part of a varied and balanced diet and a healthy lifestyle.

This information serves for a better understanding. The information and values provided on the packages are of major importance.

1737439 - PowerBar ISOACTIVE Isotonic Sports Drink Orange

Sales description

Powder for the preparation of an isotonic drink with 5 minerals and carbohydrates for athletes, orange flavour

Ingredients

Dextrose, maltodextrin, fructose, minerals (sodium citrate, sodium chloride, calcium lactate, potassium chloride, magnesium carbonate), acidity regulator (citric acid), natural orange flavour and other natural flavours, fruit and plant concentrates (saffron, lemon), beetroot juice powder. May contain traces of **soy** and **milk**.

Nutritional information	per 100 g		per 33 g portion*	
Energy	kJ	kcal	kJ	kcal
	1548	364	511	120
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	89		29	
of which sugars [g]	61		20	
Protein [g]	0		0	
Salt [g]	2,7		0,89	

Mineralstoffe	per 100 g	% ¹	per 33 g portion*	% ¹
Sodium [mg]	1077		355	
Potassium [mg]	456	23	151	8
Chloride [mg]	1286	161	424	53
Calcium [mg]	183	23	60,3	8
Magnesium [mg]	88,0	23	29,0	8

¹ Percentage of recommended daily allowance
* 33 g powder in 500 ml water

Directions

- Recommended preparation (1320 g tin – red measuring spoon (22 ml)): Dissolve 33 g of powder (approx. 2 measuring spoons) in 500 ml water.
- Recommended preparation (600 g tin – transparent measuring spoon (25 ml)): Dissolve 33 g of powder (approx. 1 1/2 measuring spoons) in 500 ml water.

General hydration strategy for activities >60 minutes

- Drink 200-300 ml one hour before sports
- Drink 150-200 ml every 15 minutes during sport
- ISOACTIVE also supplies your body with carbohydrates. One serving offers 29 g of carbohydrates. During sport, it is recommended to consume up to 90 g of carbohydrates per hour, depending on intensity and duration.
- As part of a varied and balanced diet and a healthy lifestyle.

This information serves for a better understanding. The information and values provided on the packages are of major importance.

1737448 - PowerBar ISOACTIVE Isotonic Sports Drink Lemon

Sales description

Powder for the preparation of an isotonic drink with 5 minerals and carbohydrates for athletes, lemon flavour

Ingredients

Dextrose, maltodextrin, fructose, minerals (sodium citrate, sodium chloride, calcium lactate, potassium chloride, magnesium carbonate), acidity regulator (citric acid), natural lemon flavour, fruit and plant concentrates (saffron, lemon). May contain traces of **soy** and **milk**.

Nutritional information	per 100 g		per 33 g portion*	
Energy	kJ	kcal	kJ	kcal
	151	365	512	120
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	89		29	
of which sugars [g]	63		21	
Protein [g]	0		0	
Salt [g]	2,4		0,88	

Mineralstoffe	per 100 g	% ¹	per 33 g portion*	% ¹
Sodium [mg]	1066		352	
Potassium [mg]	456	23	151	8
Chloride [mg]	1424	178	470	59
Calcium [mg]	183	23	50,3	8
Magnesium [mg]	88	23	29	8

¹ Percentage of recommended daily allowance
* 33 g powder in 500 ml water

Directions

- Recommended preparation (1320 g tin – red measuring spoon (22 ml)): Dissolve 33 g of powder (approx. 2 measuring spoons) in 500 ml water.
- Recommended preparation (600 g tin – transparent measuring spoon (25 ml)): Dissolve 33 g of powder (approx. 1 1/2 measuring spoons) in 500 ml water.

General hydration strategy for activities >60 minutes

- Drink 200-300 ml one hour before sports
- Drink 150-200 ml every 15 minutes during sport
- ISOACTIVE also supplies your body with carbohydrates. One serving offers 29 g of carbohydrates. During sport, it is recommended to consume up to 90 g of carbohydrates per hour, depending on intensity and duration.
- As part of a varied and balanced diet and a healthy lifestyle.

This information serves for a better understanding. The information and values provided on the packages are of major importance.