

1737457 - PowerBar drink powder Iso Active Red Fruit Punch

Sales description

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

Ingredients

Glucose, maltodextrin, fructose, minerals (sodium citrates, sodium chloride, calcium gluconate, potassium chloride, magnesium citrates, calcium lactate), acid (citric acid), natural flavouring, beetroot juice powder, anticaking agent (silicon dioxide).

May contain traces of **gluten, egg, milk, soy and nuts.**

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1503	359	494	118
Fat [g]	< 0,5		< 0,5	
of which saturates [g]	< 0,5		< 0,5	
Carbohydrates [g]	88		29	
of which sugars [g]	63		20,8	
Fibre [g]			2	
Protein [g]	0,5		< 0,5	
Salt [g]	3,15		1,04	

Vitamine/Mineralstoffe	per 100 g	% ¹	per serving or portion	% ¹
Potassium [mg]	330	17	109	5
Calcium [mg]	178	22	58,7	7
Magnesium [mg]	68	18	22,4	6
Sodium [mg]	1260		416	
Chloride [mg]	1080	135	356	45

¹ Percentage of recommended daily allowance

* 50 g powder mixed with 750 ml water

More Info at rosebikes.com

Suggested usage

- ▶ Preparation: Dissolve 50g (approx. 5 tablespoons) in 750 ml water for isotonic drink. Higher dosage for more energy, dissolve 50 g in 500 ml water (hypertonic drink).
- ▶ General hydration strategy for activities > 60 minutes:
 - ▶ 200-300 ml one hour before sports
 - ▶ Drink 150-200 ml every 15 minutes during exercise
- ▶ ISOMAX also contributes to your carbohydrate needs with 44g per bottle. During sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. Contains caffeine (10 mg/100 ml). Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.

1737439 - PowerBar drink powder Iso Active Orange

Sales description

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

Ingredients

Glucose, maltodextrin, fructose, minerals (sodium citrate, sodium chloride, calcium gluconate, potassium chloride, magnesium citrates, calcium lactate), acid (citric acid), natural flavouring, safflower concentrate, beetroot juice powder, anticaking agent (silicon dioxide).

May contain traces of **gluten, egg, milk, soy and nuts.**

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1503	359	494	118
Fat [g]	< 0,5		< 0,5	
of which saturates [g]	< 0,5		< 0,5	
Carbohydrates [g]	88		29	
of which sugars [g]	62,5		20,6	
Fibre [g]			2	
Protein [g]	0,5		< 0,5	
Salt [g]	3,15		1,04	

Vitamine/Mineralstoffe	per 100 g	% ¹	per serving or portion	% ¹
Potassium [mg]	330	17	109	5
Calcium [mg]	178	22	58,7	7
Magnesium [mg]	68	18	22,4	6
Sodium [mg]	1260		416	
Chloride [mg]	1080	135	356	45

¹ Percentage of recommended daily allowance

* 33 g powder in 500 ml water

Suggested usage

- ▶ Preparation: Dissolve 33 g (approx. 3 tablespoons) in 500 ml water
- ▶ General hydration strategy for activities > 60 minutes:
- ▶ 200-300 ml one hour before sports

More Info at rosebikes.com

- ▶ Drink 150-200 ml every 15 minutes during exercise
- ▶ ISOMAX also contributes to your carbohydrate needs with 29g per bottle. During sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration.
- ▶ As part of a varied and balanced diet and a healthy lifestyle.

1737439 - PowerBar drink powder Iso Active Orange

Sales description

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

Ingredients

Glucose, maltodextrin, fructose, minerals (sodium citrate, sodium chloride, calcium gluconate, potassium chloride, magnesium citrates, calcium lactate), acid (citric acid), natural flavouring, safflower concentrate, beetroot juice powder, anticaking agent (silicon dioxide).

May contain traces of **gluten, egg, milk, soy and nuts.**

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1503	359	494	118
Fat [g]	< 0,5		< 0,5	
of which saturates [g]	< 0,5		< 0,5	
Carbohydrates [g]	88		29	
of which sugars [g]	62,5		20,6	
Fibre [g]			2	
Protein [g]	0,5		< 0,5	
Salt [g]	3,15		1,04	

Vitamine/Mineralstoffe	per 100 g	% ¹	per serving or portion	% ¹
Potassium [mg]	330	17	109	5
Calcium [mg]	178	22	58,7	7
Magnesium [mg]	68	18	22,4	6
Sodium [mg]	1260		416	
Chloride [mg]	1080	135	356	45

¹ Percentage of recommended daily allowance

* 33 g powder in 500 ml water

Suggested usage

- ▶ Preparation: Dissolve 33 g (approx. 3 tablespoons) in 500 ml water
- ▶ General hydration strategy for activities > 60 minutes:
- ▶ 200-300 ml one hour before sports

More Info at rosebikes.com

- ▶ Drink 150-200 ml every 15 minutes during exercise
- ▶ ISOMAX also contributes to your carbohydrate needs with 29g per bottle. During sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration.
- ▶ As part of a varied and balanced diet and a healthy lifestyle.

1737448 - PowerBar drink powder Iso Active Lemon

Sales description

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

Ingredients

Glucose, maltodextrin, fructose, minerals (sodium citrates, sodium chloride, calcium gluconate, potassium chloride, magnesium citrates, calcium lactate), acid (citric acid), natural flavouring, safflower concentrate, anticaking agent (silicon dioxide).

May contain traces of **gluten, egg, milk, soy and nuts.**

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1503	359	494	118
Fat [g]	< 0,5		< 0,5	
of which saturates [g]	< 0,5		< 0,5	
Carbohydrates [g]	87,9		29	
of which sugars [g]	61		20,1	
Fibre [g]			2	
Protein [g]	0,5		< 0,5	
Salt [g]	3,15		1,04	

Vitamine/Mineralstoffe	per 100 g	% ¹	per serving or portion	% ¹
Potassium [mg]	330	17	109	5
Calcium [mg]	178	22	58,7	7
Magnesium [mg]	68	18	22,4	6
Sodium [mg]	1260		416	
Chloride [mg]	1080	135	356	45

¹ Percentage of recommended daily allowance

* 33 g powder in 500 ml water

Suggested usage

- ▶ Preparation: Dissolve 33 g (approx. 3 tablespoons) in 500 ml water
- ▶ General hydration strategy for activities > 60 minutes:
- ▶ 200-300 ml one hour before sports

More Info at rosebikes.com

- ▶ Drink 150-200 ml every 15 minutes during exercise
- ▶ ISOMAX also contributes to your carbohydrate needs with 29g per bottle. During sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration.
- ▶ As part of a varied and balanced diet and a healthy lifestyle.