

## 1818372 - PowerBar HydroGel / HydroMax Cherry + Caffeine 67ml

### Sales description

Food supplement. Liquid carbohydrate gel with concentrated fruit juice, caffeine and sodium. Cherry flavour.

### Ingredients

Water, maltodextrin, fruit juice concentrate (12%) (apple, cherry 5%), fructose, sodium citrate, acid (phosphoric acid), sodium chloride, caffeine (0,07%), preservatives (sodium benzoate, potassium sorbate), flavouring.

May contain traces of **milk, eggs, celery** and **mustard**.

### Nutritional information

Nutritional information	per 100 ml		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	648	152	434	102
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	38,1		25,5	
of which sugars [g]	19		12,7	
Fibre [g]				
Protein [g]	< 0,5		< 0,5	
Salt [g] Sodium [mg]	450		300	

Vitamine/Mineralstoffe	per 100 ml	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Caffeine [mg]	70		50	

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

### Suggested usage

- ▶ During endurance sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration. 1 POWERGEL HYDRO delivers approx. 25g carbohydrates.
- ▶ For flavours without caffeine: consume 1-2 sachets per day (for flavours with caffeine: 1 sachet/day) during sports.
- ▶ Food supplements are not intended to replace a varied and balanced diet and a healthy way of living. Do not exceed the recommended daily intake. Keep out of reach of young children.
- ▶ Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.

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

## 1818381 - PowerBar HydroGel / HydroMax Orange 67ml

### Sales description

Food supplement. Liquid carbohydrate gel with concentrated fruit juice and sodium. Orange flavour.

### Ingredients

Water, maltodextrin, fruit juice concentrate (13%) (apple, orange 6%), fructose, sodium citrate, acid (phosphoric acid), sodium chloride, preservatives (sodium benzoate, potassium sorbate).

May contain traces of **milk, eggs, celery and mustard**

### Nutritional information

Nutritional information	per 100 ml		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	639	150	428	101
Fat [g]	0		0	
of which saturates[g]	0		0	
Carbohydrates [g]	37,6		25,2	
of which sugars [g]	17,5		11,7	
Fibre [g]				
Protein [g]	< 0,5		< 0,5	
Salt [g] Natrium [mg]	450		300	

### Suggested usage

- ▶ During endurance sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration. 1 POWERGEL HYDRO delivers approx. 25g carbohydrates.
- ▶ For flavours without caffeine: consume 1-2 sachets per day (for flavours with caffeine: 1 sachet/day) during sports.
- ▶ Food supplements are not intended to replace a varied and balanced diet and a healthy way of living. Do not exceed the recommended daily intake. Keep out of reach of young children.

## 1997679 - PowerBar HydroGel / HydroMax Cola + Caffeine 67ml

### Sales description

Food supplement. Liquid carbohydrate gel with sodium and caffeine. Cola flavour.

### Ingredients

Water, maltodextrin, fructose, dried glucose syrup, sodium citrate, acid (phosphoric acid), sodium chloride, natural flavouring, caffeine (0,13%), preservatives (sodium benzoate, potassium sorbate).

May contain traces of **milk, eggs, celery and mustard**.

### Nutritional information

Nutritional information	per 100 ml		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	648	152	434	102
Fat [g]	0		0	
of which saturates[g]	0		0	
Carbohydrates [g]	38,1		25,5	
of which sugars [g]	15,9		10,7	
Fibre [g]				
Protein [g]	< 0,5		< 0,5	
Salt [g] Natrium [mg]	450		302	
Vitamins/minerals				
Vitamine/Mineralstoffe	per 100 ml	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Caffeine [mg]	150		101	

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

### Suggested usage

- ▶ During endurance sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration. 1 POWERGEL HYDRO delivers approx. 25g carbohydrates.
- ▶ For flavours without caffeine: consume 1-2 sachets per day (for flavours with caffeine: 1 sachet/day) during sports.
- ▶ Food supplements are not intended to replace a varied and balanced diet and a healthy way of living. Do not exceed the recommended daily intake. Keep out of reach of young children.
- ▶ Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.