

1818406 - PowerBar drink powder Recovery Chocolate

Sales description

Carbohydrate-protein drink powder with 10 vitamins and 3 minerals for athletes – chocolate flavour

Ingredients

Skimmed **milk** powder, dried glucose syrup, sugar, fat-reduced cocoa (4,3%), **whey** protein (2,9%), maltodextrin, **soy** protein (2,6%), calcium caseinate (from **milk**) (2,5%), minerals (magnesium phosphates, zinc gluconate, copper gluconate), vitamins (vitamin C, niacin, vitamin E, pantothenic acid, vitamin B6, thiamin, folic acid, vitamin B2, biotin, vitamin B12), flavouring, emulsifier (**soy** lecithin), cinnamon.

May contain traces of **gluten, eggs and nuts**.

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1580	372	870	205
Fat [g]	0,8		0,4	
of which saturates [g]	0,4		0,2	
Carbohydrates [g]	70,5		38,8	
of which sugars [g]	41		22,6	
Fibre [g]				
Protein [g]	20,1		11,1	
of which caseine [g]	11,1		6,1	
of which whey protein [g]	5,0		2,8	
[g]	5,0		2,8	
of which soy protein [g]	2,4		1,3	
Salt [g]	0,43		0,23	

Vitamins/minerals	per 100 g	% ¹	per serving or portion	% ¹
Vitamin E [mg]	8,0	67	4,4	37
Vitamin C [mg]	43,7	55	24,0	30
Thiamin (Vitamin B1) [mg]	0,68	62	0,37	34
Riboflavin (Vitamin B2) [mg]	0,76	54	0,42	30
Niacin [mg]	8,7	54	4,8	30
Vitamin B6 [mg]	0,76	54	0,42	30
Folic acid [µg]	109	55	60	30
Vitamin B12 [µg]	1,4	56	0,75	30
Biotin [µg]	27,3	55	15	30
Pantothenic acid [mg]	2,70	45	1,49	25
Magnesium [mg]	205	55	113	30
Zinc [mg]	5,5	55	3,0	30
Copper [mg]	0,55	55	0,30	30

¹ Percentage of recommended daily allowance

Suggested usage

- Preparation: Dissolve 55 g (approx. 4 tablespoons) in 200 ml water
- Directly after sports
- As part of a varied and balanced diet and a healthy lifestyle. 1 portion per day.

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