

## 1903227 – Squeezy Bar 50g Cola + Caffeine

### Sales description

Cola bar

### Ingredients

**Oat** flakes, rice flakes 19 % (rice flour, **wheat** protein, sugar, **wheat malt**, glucose, table salt), invert sugar syrup, glucose syrup, raisins 14 %, sugar, glucose, extruded cornflakes 3,3 % (cornflour, **wheat** flour, sugar, **wheat** malt, table salt, flavouring), maltodextrin, **soy** oil, flavouring, acid (citric acid), table salt, caffeine: 0,10 %

Lactose-free and without artificial sweeteners.

**May contain traces of milk, nuts, peanuts and sesame.**

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1486	350	743	175
Fat [g]	2,3		1,1	
of which saturates [g]	0,40		0,20	
Carbohydrates [g]	76		38	
of which sugars [g]	39		20	
Fibre [g]				
Protein [g]	5,3		2,6	
Salt [g]	0,43		0,20	
Caffeine [mg]	101			

### Suggested usage

The SQUEEZY ENERGY BAR is the perfect snack before, during and after sports. One bar (50 g) contains 38 g carbohydrates.

### Please note

Please drink sufficient water after the consumption of the bar.

Due to the high caffeine content not recommended for children, pregnant or breastfeeding women and caffeine sensitive people. For short competitions of max. one hour (e.g. 10 km), an intake of nutrition or drinks is not necessary, as the body's own energies are sufficient.

## 1903236 – Squeezy Bar 50g Fruit

### Sales description

The perfect lactose-free snack before, during and after sports activities. High carbohydrate content. Fruit flavour

### Ingredients

Rice flakes (rice flour, **wheat protein**, sugar, **wheat malt**, glucose, table salt), **oat** flakes, invert sugar syrup, glucose syrup, raisins 12 %, sugar, apricot pieces 5,4 % (fructose-glucose syrup, humectant (glycerol), concentrated apricot puree, sugar, **wheat** fibres, vegetable fat, gelling agent (pectin), antioxidant (ascorbic acid), flavouring), glucose, coconut fat, candied orange peel (orange peel 1,1 %, sugar, glucose-fructose syrup, acid (citric acid), maltodextrin, emulsifier (**soy** lecithins), flavouring, acid (citric acid), table salt

**May contain traces of milk, nuts, peanuts and sesame.**

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1541	364	770	182
Fat [g]	4,8		2,4	
of which saturates [g]	1,80		0,90	
Carbohydrates [g]	74		37	
of which sugars [g]	40		20	
Fibre [g]				
Protein [g]	4,9		2,4	
Salt [g]	0,38		0,20	

### Suggested usage

The SQUEEZY ENERGY BAR is the perfect snack before, during and after sports.

One bar (50 g) contains 36 g carbohydrates.

### Please note

Please drink sufficient water after the consumption of the bar.

For short competitions of max. one hour (e.g. 10 km), an intake of nutrition or drinks is not necessary, as the body's own energies are sufficient.