

1905942 – PowerBar Natural Energy Fruit Bar, Apple Strudel

Sales description

Fruit bar with magnesium for athletes, apple strudel

Ingredients

Apple preparation* (50%) (apple juice concentrate*, apples*, apple pulp*, starch*), sultanas* (20%), **soy***, **almonds*** (12%), wafer (starch*, water, palm fat), magnesium citrate, cinnamon*. *natural ingredient. May contain traces of **gluten**, **milk**, **peanuts** and **other nuts**.

Nutrition information	per 100 g		per bar (40 g)	
Energy	kJ	kcal	kJ	kcal
	1590	378	637	152
Fat [g]	12		4,8	
of which saturates [g]	1,4		0,6	
Carbohydrates [g]	54		21	
of which sugars [g]	49		20	
Fibre [g]	6		2,4	
Protein [g]	11		4,5	
Salt [g]	0,04		0,04	

Vitamins/minerals	per 100 g	% ¹	per bar (40 g)	% ¹
Magnesium [mg]	188	50%	75,0	20%

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011

Suggested usage

- Consume 1 bar within 60 minutes before sport.
- During sport, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration. 1 PowerBar NATURAL ENERGY FRUIT BAR delivers approximately 21g carbohydrates.
- Max. 4 bars per day.
- Consume 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.

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

1905951 – PowerBar Natural Energy Fruit Bar, Cranberry

Sales description

Fruit bar with magnesium for athletes, cranberry

Ingredients

Apple preparation* (35%) (apples*, apple juice concentrate*, apple pulp*, starch*), date juice concentrate*, **soy***, cranberry preparation* (15%) (cranberries*, pineapple juice concentrate*, sunflower oil*), **almonds*** (12%), wafer (starch*, water), magnesium citrate. *natural ingredient. May contain traces of **gluten, milk, peanuts** and **other nuts**.

Nutrition information	per 100 g		per bar (40 g)	
Energy	kJ	kcal	kJ	kcal
	1605	382	640	152
Fat [g]	11		4,5	
of which saturates [g]	1,4		0,6	
Carbohydrates [g]	56		22	
of which sugars [g]	50		20	
Fibre [g]	7,3		2,9	
Protein [g]	11		4,2	
Salt [g]	0,03		<0,01	

Vitamins/minerals	per 100 g	% ¹	per bar (40 g)	% ¹
Magnesium [mg]	188	50%	75,0	20%

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011

Suggested usage

- Consume 1 bar within 60 minutes before sport.
- During sport, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration. 1 PowerBar NATURAL ENERGY FRUIT BAR delivers approximately 21g carbohydrates.
- Max. 4 bars per day.
- Consume 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.