

## 1905988 - PowerBar fruit gums PowerGel Shots Cola + Caffeine 60g

### Sales description

Carbohydrate gums for athletes with caffeine – cola flavour

### Ingredients

Sugar, glucose syrup, invert sugar syrup, water, gelatine, acid (citric acid), humectant (glycerol), natural flavouring, acidity regulator (sodium citrate), caffeine, stabilisers (carrageenan, locust bean gum), barley malt extract, vegetable fat (coconut, palm kernel), black carrot juice concentrate, liquorice extract.

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1490	351	894	211
Fat [g]	< 0,5		< 0,3	
of which saturates [g]	0		0	
Carbohydrates [g]	80		48	
of which sugars [g]	60		36	
Fibre [g]				
Protein [g]	6,3		3,8	
Salt [g]	0,18		0,10	

Vitamins/minerals	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Caffeine [mg]	125		75	

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

### Suggested usage

- ▶ Consume up to 9 SHOTS within 60 mins before sports and/or
- ▶ During endurance sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration. 1 Power Gel SHOT delivers approx. 5 g carbohydrates.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. Consume 1-2 sachets (for flavours without caffeine) or 1 sachet (for flavours with caffeine) per day.
- ▶ For flavours with caffeine: Contains caffeine (125 mg/100 g). Not recommended for children or pregnant women.

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

## 2113186 - PowerBar fruit gum PowerGel Shots Orange 60g

### Sales description

Gumdrop with carbohydrates for athletes – orange flavour

### Ingredients

Glucose syrup, sugar, invert sugar syrup, water, gelatin, acidifier(citric acid, tartaric acid, malic acid), humectant (glycerol), orange juice concentrate (0,5 %), acidity regulator (sodium citrate, sodium ascorbate), vegetable fats(coconut, palm seed), glazing agent(carnauba wax), stabiliser (carrageenan, carob gum), natural flavour, lemon zest extract, colouring agent (curcumin), black carrot juice concentrate.

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1490	351	894	211
Fat [g]	0,5		< 0,5	
of which saturates [g]	0		0	
Carbohydrates [g]	80		48	
of which sugars [g]	60		36	
Fibre [g]				
Protein [g]	6,3		3,8	
Salt [g]	0,25		0,20	

### Suggested usage

- ▶ Up to 9 SHOTS during the hour before exercise and / or
- ▶ During endurance sports, we recommend to consume up to 90g carbohydrates per hour, depending on the intensity and duration. 1 Power Gel SHOT delivers about 5g carbohydrates.
- ▶ In addition to a varied and balanced diet and a healthy lifestyle. 1-2 bags (for caffeine-free flavours) or 1 bag (for flavours with caffeine) per day.