

## 1906057 – PowerBar Energize Chocolate 55g

### Sales description

Carbohydrate-oat bran bar with sodium and magnesium for athletes – chocolate flavour

### Ingredients

Fructose-glucose syrup, rice crisps (rice semolina, sugar, **wheat** gluten, vegetable fat, malted **barley** flour, salt), rice flour, **milk** protein, **oat** bran (7,6%), maltodextrin, fat-reduced cocoa powder (4%), rolled **oats** (3,9%), ground **almonds**, cocoa mass (2%), flavouring, sodium citrates, fructose, humectant (glycerol), salt, magnesium carbonate.

May contain traces of other **nuts, peanuts and soy**.

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1539	364	849	201
Fat [g]	4,3		2,4	
of which saturates [g]	1,3		0,7	
Carbohydrates [g]	66		36,3	
of which sugars [g]	38		20,9	
Fibre [g]	3,8		2,1	
Protein [g]	13,4		7,4	
Salt [g]	1,1		0,58	

Vitamins/minerals	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Magnesium [mg]	134,6	36	74,0	20
Sodium [mg]	420		230	

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

### Suggested usage

- ▶ Consume 1 bar 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 PowerBar ENERGIZE delivers approx. 38 g carbohydrates.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. 1-4 bars (for flavours without caffeine) and 1-2 bars (for flavours with caffeine) per day
- ▶ For flavours with caffeine: Contains caffeine(60 mg/100 g). Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.

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

## 1906066 – PowerBar Energize Vanilla 55g

### Sales description

Carbohydrate-oat bran bar with sodium and magnesium for athletes – vanilla flavour

### Ingredients

Fructose-glucose syrup, **oat** bran (14,6%), rice crisps (rice semolina, sugar, **wheat** gluten, vegetable fat, malted **barley** flour, salt), rice flour, **milk** protein, maltodextrin, ground **almonds**, rolled **oats** (3,9%), humectant (glycerol), sodium citrates, fructose, flavouring, magnesium carbonate, salt.

May contain traces of other **nuts, peanuts and soy**.

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1548	366	854	202
Fat [g]	4,3		2,4	
of which saturates [g]	< 1,0		< 0,6	
Carbohydrates [g]	67,2		37	
of which sugars [g]	38		20,9	
Fibre [g]	3,4		1,9	
Protein [g]	12,9		7,1	
Salt [g] Natrium	1,1		0,58	

  

Vitamins/minerals	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Magnesium [mg]	131,6	35	72,3	19
Sodium [mg]	420		230	

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

### Suggested usage

- ▶ Consume 1 bar 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 PowerBar ENERGIZE delivers approx. 38 g carbohydrates.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. 1-4 bars (for flavours without caffeine) and 1-2 bars (for flavours with caffeine) per day
- ▶ For flavours with caffeine: Contains caffeine(60 mg/100 g). Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.

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

## 1906075 - PowerBar Energize Cookies & Cream 55g

### Sales description

Carbohydrate-oat bran bar with sodium and magnesium for athletes – cookies & cream flavour

### Ingredients

Fructose-glucose syrup, **oat** bran (14,6%), rice flour, **milk** protein, rice crisps (rice semolina, sugar, **wheat** gluten, vegetable fat, malted **barley** flour, salt), maltodextrin, cocoa biscuits (5%) [**wheat** flour, sugar, vegetable fat, fat-reduced cocoa powder, rapeseed oil, glucose syrup, skimmed **milk** powder, raising agents (sodium carbonate, tartaric acid), **barley** malt syrup, salt, flavouring, malt extract (from **barley**)], ground **almonds**, rolled **oats** (2,9%), humectant (glycerol), sodium citrates, fructose, flavouring, magnesium carbonate, salt.

May contain traces of other **nuts, peanuts and soy**.

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1548	366	854	202
Fat [g]	4,3		2,4	
of which saturates [g]	< 1,0		< 0,6	
Carbohydrates [g]	67,2		37	
of which sugars [g]	38		20,9	
Fibre [g]	3,4		1,9	
Protein [g]	12,9		7,1	
Salt [g] Natrium	1,1		0,58	

  

Vitamins/minerals	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Magnesium [mg]	131,0	35	72,0	19
Sodium [mg]	390		220	

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

### Suggested usage

- ▶ Consume 1 bar 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 PowerBar ENERGIZE delivers approx. 38 g carbohydrates.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. 1-4 bars (for flavours without caffeine) and 1-2 bars (for flavours with caffeine) per day
- ▶ For flavours with caffeine: Contains caffeine(60 mg/100 g). Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.

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

## 1906002 – PowerBar Energize Berry 55g

### Sales description

Carbohydrate-rolled oats bar with fruit preparation, sodium and magnesium for athletes –berry flavour

### Ingredients

Fructose-glucose syrup, fruit preparation (13,2%) [sugar, raspberry, cherry and strawberry juice from concentrate, fructose syrup, **lactose**, apple puree, raspberry (8%\*), strawberry (5%\*), apple, gelling agent (pectin), vegetable fat, antioxidants (ascorbic acid), acid (citric acid), flavouring], maltodextrin, rolled **oats** (11%), **milk** protein, rice crisps (rice semolina, sugar, **wheat** gluten, vegetable fat, malted barley flour, salt), ground **almonds**, sodium citrates, rapeseed oil, beetroot juice concentrate, acid (citric acid), magnesium carbonate, flavourings, salt.

May contain traces of other **nuts**, **peanuts** and **soy**.

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1533	362	842	199
Fat [g]	3,7		2	
of which saturates [g]	0,7		0,4	
Carbohydrates [g]	70,9		39	
of which sugars [g]	44		24,2	
Fibre [g]	1,5		0,8	
Protein [g]	10,5		5,8	
Salt [g] Natrium	0,88		0,48	

  

Vitamins/minerals	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Magnesium [mg]	137,4	37	75,6	20
Sodium [mg]	350		190	

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

### Suggested usage

- ▶ Consume 1 bar 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 PowerBar ENERGIZE delivers approx. 38 g carbohydrates.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. 1-4 bars (for flavours without caffeine) and 1-2 bars (for flavours with caffeine) per day
- ▶ For flavours with caffeine: Contains caffeine(60 mg/100 g). Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.

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

## 1906011 – PowerBar Energize Mango Passion Fruit 55g

### Sales description

Carbohydrate-rolled oats bar with fruit preparation, sodium and magnesium for athletes - Mango-passion fruit flavour

### Ingredients

Fructose-glucose syrup, fruit preparation (13,9%) [pineapple and carrot juice from concentrate, sugar, fructose syrup, **lactose**, apple, apple puree, palm kernel oil, gelling agent (pectin), acid (citric acid), flavouring], maltodextrin, rolled **oats** (11%), **milk** protein, rice crisps (rice semolina, sugar, **wheat** gluten, vegetable fat, malted **barley** flour, salt), ground **almonds**, sodium citrates, acid (citric acid), rapeseed oil, magnesium carbonate, flavourings, salt.

May contain traces of **other nuts**, **peanuts** and **soy**.

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1541	364	845	200
Fat [g]	3,7		2,0	
of which saturates [g]	0,6		0,3	
Carbohydrates [g]	71,9		39,5	
of which sugars [g]	45		24,8	
Fibre [g]	1,5		0,8	
Protein [g]	10		5,5	
Salt [g] Natrium	0,88		0,48	

Vitamins/minerals	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Magnesium [mg]	136,4	36	75,0	20
Sodium [mg]	350		190	

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

### Suggested usage

- ▶ Consume 1 bar 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 PowerBar ENERGIZE delivers approx. 38 g carbohydrates.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. 1-4 bars (for flavours without caffeine) and 1-2 bars (for flavours with caffeine) per day
- ▶ For flavours with caffeine: Contains caffeine(60 mg/100 g). Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.

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

## 1906020 – PowerBar Energize Banana Punch 55g

### Sales description

Carbohydrate-rolled oats bar with fruit preparation, sodium and magnesium for athletes – banana flavour

### Ingredients

Fructose-glucose syrup, fruit preparation (13,2%) [fruit purees (banana (19% \*), apple), sugar, fructose syrup, **lactose**, palm kernel oil, gelling agent (pectin), flavouring, acid (citric acid)], maltodextrin, rolled **oats** (11%), **milk** protein, rice crisps (rice semolina, sugar, **wheat** gluten, vegetable fat, malted **barley** flour, salt), ground **almonds**, sodium citrates, rapeseed oil, magnesium carbonate, flavouring, salt.

May contain traces of **other nuts**, **peanuts** and **soy**.

\* related to the fruit preparation.

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1560	368	859	203
Fat [g]	4		2,2	
of which saturates [g]	0,6		0,3	
Carbohydrates [g]	71,6		39,4	
of which sugars [g]	42,5		23,4	
Fibre [g]	2		1,1	
Protein [g]	10,5		5,8	
Salt [g] Natrium	0,95		0,53	

Vitamins/minerals	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Magnesium [mg]	138,4	37	76,1	20
Sodium [mg]	380		210	

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

### Suggested usage

- ▶ Consume 1 bar 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 PowerBar ENERGIZE delivers approx. 38 g carbohydrates.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. 1-4 bars (for flavours without caffeine) and 1-2 bars (for flavours with caffeine) per day
- ▶ For flavours with caffeine: Contains caffeine(60 mg/100 g). Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.

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

## 1906039 - PowerBar Energize Cherry Cranberry Twister 55g

### Sales description

Carbohydrate-rolled oats bar with fruit preparation, sodium and magnesium for athletes - cherry-cranberry flavour

### Ingredients

Fructose-glucose syrup, maltodextrin, rolled **oats** (11%), **milk** protein, rice crisps (rice semolina, sugar, **wheat** gluten, vegetable fat, malted **barley** flour, salt), fruit preparation (6,6%) [sugar, fruit purees (cherry (13%\*), apple), fructose syrup, cherry juice from concentrate (13%\*), **lactose**, apple, gelling agent (pectin), flavouring, palm kernel oil, acid (citric acid)], cranberry preparation (6,6%) [sugar, cranberries (39%\*\*), sunflower oil], ground **almonds**, sodium citrates, rapeseed oil, magnesium carbonate, acid (citric acid), beetroot juice concentrate, flavouring, salt.

May contain traces of **other nuts**, **peanuts** and **soy**.

\* related to the fruit preparation/\*\* cranberry preparation

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1536	363	844	199
Fat [g]	3,5		1,9	
of which saturates [g]	0,6		0,3	
Carbohydrates [g]	71		39,1	
of which sugars [g]	42		23,1	
Fibre [g]	2		1,1	
Protein [g]	10,8		5,9	
Salt [g] Natrium	0,95		0,53	

Vitamins/minerals	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Magnesium [mg]	137	37	75,6	20
Sodium [mg]	380		210	

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

### Suggested usage

- ▶ Consume 1 bar 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 PowerBar ENERGIZE delivers approx. 38 g carbohydrates.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. 1-4 bars (for flavours without caffeine) and 1-2 bars (for flavours with caffeine) per day
- ▶ For flavours with caffeine: Contains caffeine(60 mg/100 g). Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.

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

## 1906048 - PowerBar Energize Caffeinated Coconut 55g

### Sales description

Carbohydrate-oat bran bar with guarana extract, sodium and magnesium for athletes – coconut flavour

### Ingredients

Fructose-glucose syrup, **oat** bran (14,6 %), rice crisps (rice semolina, sugar, **wheat** gluten, vegetable fat, malted **barley** flour, salt), rice flour, **milk** protein, maltodextrin, ground **almonds**, **oat** flakes (3,9 %), humectant (glycerol), sodium citrate, guarana extract (0,7 %), fructose, flavouring, magnesium carbonate, salt.

May contain traces of **other nuts**, **peanuts** and **soy**.

### Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1548	366	852	201
Fat [g]	4,3		2,4	
of which saturates [g]	< 1		< 0,6	
Carbohydrates [g]	66,7		36,7	
of which sugars [g]	36		19,8	
Fibre [g]	3,4		1,9	
Protein [g]	13,4		7,3	
Salt [g]	1,1		0,58	

Vitamins/minerals	per 100 g	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
Magnesium [mg]	135,3	36	74	20
Sodium [mg]	420		230	
Caffeine [mg]	60		33	

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

### Suggested usage

- ▶ Consume 1 bar 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 PowerBar ENERGIZE delivers approx. 38 g carbohydrates.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. 1-4 bars (for flavours without caffeine) and 1-2 bars (for flavours with caffeine) per day
- ▶ For flavours with caffeine: Contains caffeine(60 mg/100 g). Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.

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