

1997624 - PowerBar Effervescent Tablets 5 Electrolytes, 10 Tablets Mango Passion Fruit 42g

Sales description

Food supplement. Effervescent tablet to prepare a calorie-free electrolyte drink with 5 minerals and sweeteners – mango-passion fruit flavour

Ingredients

Acidifier (citric acid), acidity regulator (sodium carbonates), minerals (14,7%) (potassium chloride, calcium carbonate, sodium chloride, magnesium hydroxide, calcium phosphates), humectant (sorbitol), inulin, natural flavourings, starch, sweetener (sucralose), maltodextrin, beetroot juice powder, colouring (lutein).

Nutritional information

Nutritional information	per 100 g		per tablet (4,2 g)	
	kJ	kcal	kJ	kcal
Energy	821	196	34	8
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	10,4		0,4	
of which sugar [g]	0,6		0	
Fibre [g]			2,1	
Protein [g]	0		0	
Salt [g]	15,0		0,63	

Vitamins/minerals	per 100 g	% ¹	per serving or portion	% ¹
Sodium [mg]	5952		250	
Potassium [mg]	3571		150	
Chloride [mg]	4762		200	25
Calcium [mg]	1429		60	7,5
Magnesium [mg]	670		28,1	7,5

¹ Percentage of reference value for minerals

Suggested usage

- ▶ Preparation: Dissolve 1 tab in 500 to 750ml water according to taste preference
- ▶ General hydration strategy for activities > 60 minutes: Drink approx. 200 - 300ml one hour before sports or drink 150 - 200ml every 15 minutes during sports
- ▶ 1-4 tablets per day
- ▶ Food supplements are not intended to replace a varied and balanced diet and a healthy way of living. Do not exceed the recommended daily intake. Keep out of reach of young children.
- ▶ For flavours with caffeine: Contains caffeine (50 mg/sachet). Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.
- ▶ Store in a cool, dry place.

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

1997633 - PowerBar Effervescent Tablets 5 Electrolytes, 10 Tablets Pink Grapefruit + Caffeine 42g

Sales description

Food supplement. Effervescent tablet to prepare a calorie-free electrolyte drink with 5 minerals, caffeine and sweeteners – grapefruit flavour.

Ingredients

Acidifier (citric acid), acidity regulator (sodium carbonates), minerals (14,7%) (potassium chloride, calcium carbonate, sodium chloride, magnesium hydroxide, calcium phosphates), humectant (sorbitol), inulin, caffeine (1,88 %), natural flavouring, starch, sweetener (sucralose), maltodextrin, beetroot juice powder, colouring (lutein).

Nutritional information

Nutritional information	per 100 g		per tablet (4,2 g)	
	kJ	kcal	kJ	kcal
Energy	820	196	34	8
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	12		0,5	
of which sugar [g]	0,9		0	
Fibre [g]			1,9	
Protein [g]	0		0	
Salt [g]	15,0		0,63	

Vitamins/minerals	per 100 g	% ¹	per serving or portion	% ¹
Sodium [mg]	5952		250	
Potassium [mg]	3571		150	7,5
Chloride [mg]	4762		200	25
Calcium [mg]	1429		60	7,5
Magnesium [mg]	670		28,1	7,5
Caffeine [mg]	1880		79,0	

¹ Percentage of reference value for minerals

Suggested usage

- ▶ Preparation: Dissolve 1 tab in 500 to 750ml water according to taste preference
- ▶ General hydration strategy for activities > 60 minutes: Drink approx. 200 - 300ml one hour before sports or drink 150 - 200ml every 15 minutes during sports
- ▶ 1-2 tablets per day
- ▶ Food supplements are not intended to replace a varied and balanced diet and a healthy way of living. Do not exceed the recommended daily intake. Keep out of reach of young children.
- ▶ Contains caffeine (50 mg/sachet). Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.
- ▶ Store in a cool, dry place.

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

1997642 - PowerBar Effervescent Tablets 5 Electrolytes, 10 Tablets Raspberry Pomegranate 42g

Sales description

Food supplement. Effervescent tablet to prepare a calorie-free electrolyte drink with 5 minerals und sweetener – raspberry-pomegranate flavour

Ingredients

Acidifier (citric acid), acidity regulator (sodium carbonates), minerals (14,7%) (potassium chloride, calcium carbonate, sodium chloride, magnesium hydroxide, calcium phosphates), humectant (sorbitol), inulin, natural flavourings, starch, sweetener (sucralose), maltodextrin, beetroot juice powder, colouring (lutein).

Nutritional information

Nutritional information	per 100 g		per tablet (4,2 g)	
Energy	kJ	kcal	kJ	kcal
	820	196	34	8
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	12,2		0,5	
of which sugar [g]	0,9		0	
Fibre [g]				
Protein [g]	0		0	
Salt [g]	15,0		0,63	

Vitamins/minerals	per 100 g	% ¹	per serving or portion	% ¹
Sodium [mg]	5952		250	
Potassium [mg]	3571		150	7,5
Chloride [mg]	4762		200	25
Calcium [mg]	1429		60	7,5
Magnesium [mg]	670		28,1	7,5

¹ Percentage of reference value for minerals

Suggested usage

- Preparation: Dissolve 1 tab in 500 to 750ml water according to taste preference
- General hydration strategy for activities > 60 minutes: Drink approx. 200 - 300ml one hour before sports or drink 150 - 200ml every 15 minutes during sports
- 1-4 tablets per day
- Food supplements are not intended to replace a varied and balanced diet and a healthy way of living. Do not exceed the recommended daily intake. Keep out of reach of young children.
- For flavours with caffeine: Contains caffeine (50 mg/sachet). Not recommended for children, pregnant or breastfeeding women and caffeine sensitive people.
- Store in a cool, dry place.

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

2113210 - PowerBar Effervescent Tablets 5 Electrolytes, 10 Tablets Black Currant 42g

Sales description

Food supplement. Effervescent tablet to prepare a calorie-free electrolyte drink with 5 minerals und sweetener – black currant flavour

Ingredients

Acidifier (citric acid), acidity regulator (sodium carbonates), minerals (14,7 %) (potassium chloride, calcium carbonate, sodium chloride, magnesium hydroxide, calcium phosphate), humectant (sorbitol), inulin, natural flavours, starch, maltodextrin, sweetener (sucralose), beetroot juice powder, colouring agent (lutein).

Nutritional information

Nutritional information	per 100 g		per tablet (4,2 g)	
Energy	kJ	kcal	kJ	kcal
	810	194	34	8
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	13,8		0,6	
of which sugars [g]	1,1		0	
Fibre [g]				
Protein [g]	0		0	
Salt [g]	15,0		0,63	

Vitamins/minerals	per 100 g	% ¹	per serving or portion	% ¹
Sodium [mg]	5952		250	
Potassium [mg]	3571		150	7,5
Chloride [mg]	4762		200	25
Calcium [mg]	1429		60	7,5
Magnesium [mg]	670		28,1	7,5

¹ Percentage of reference value for minerals

Suggested usage

- ▶ Preparation: Dissolve 1 tab in 500 to 750ml water according to taste preference
- ▶ General hydration strategy for activities > 60 minutes:
- ▶ Drink approx. 200 - 300ml one hour before sports
- ▶ Drink 150 - 200ml every 15 minutes during sports
- ▶ 1-4 tablets per day
- ▶ Food supplements are not intended to replace a varied and balanced diet and a healthy way of living. Do not exceed the recommended daily intake. Keep out of reach of young children.
- ▶ Store in a cool, dry place.

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

2113229 - PowerBar Effervescent Tablets 5 Electrolytes, 10 Tablets Lemon Tonic Boost 42g

Sales description

Food supplement. Effervescent tablet to prepare a calorie-free electrolyte drink with caffeine, 5 minerals und sweetener – lemon flavour

Ingredients

Acidifier (citric acid), acidity regulator (sodium carbonates), minerals (14,7 %) (potassium chloride, calcium carbonate, sodium chloride, magnesium hydroxide, calcium phosphate), humectant (sorbitol), inulin, natural flavours, caffeine (1,80 %), starch, sweetener (sucralose).

Nutritional information

Nutritional information	per 100 g		per tablet (4,2 g)	
Energy	kJ	kcal	kJ	kcal
	818	196	34	8
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	13,1		0,6	
of which sugars [g]	0,5		0	
Fibre [g]				
Protein [g]	0		0	
Salt [g]	15,0		0,63	

Vitamins/minerals	per 100 g	% ¹	per serving or portion	% ¹
Sodium [mg]	5952		250	
Potassium [mg]	3571		150	7,5
Chloride [mg]	4762		200	25
Calcium [mg]	1429		60	7,5
Magnesium [mg]	670		28,1	7,5
Caffeine [mg]	1786		75,0	

¹ Percentage of reference value for minerals

Suggested usage

- ▶ Preparation: Dissolve 1 tab in 500 to 750ml water according to taste preference
- ▶ General hydration strategy for activities > 60 minutes:
- ▶ Drink approx. 200 - 300ml one hour before sports
- ▶ Drink 150 - 200ml every 15 minutes during sports
- ▶ 1-2 tablets per day
- ▶ Food supplements are not intended to replace a varied and balanced diet and a healthy way of living. Do not exceed the recommended daily intake. Keep out of reach of young children.
- ▶ Contains caffeine. Not recommended for children and pregnant women.
- ▶ Store in a cool, dry place.

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