

## 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	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
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

<sup>1</sup> 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	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
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	

<sup>1</sup> 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	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
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

<sup>1</sup> 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	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
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

<sup>1</sup> 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	% <sup>1</sup>	per serving or portion	% <sup>1</sup>
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	

<sup>1</sup> 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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