

1997651 - PowerBar Energize Wafer Berry Yoghurt 40g

Sales description

Filled wafer with carbohydrates for athletes – yoghurt-berry flavour

Ingredients

Wheat flour, fructose, sugar, vegetable fat, humectant (glycerol), maltodextrin, **milk** protein, sweet **whey** powder, glucose syrup, dextrose, modified starch, skimmed **milk** yoghurt powder (0,6%) (CH: fermentiertes skimmed **milk** powder), skimmed **milk** powder, salt, acidity regulator (citric acid), emulsifiers (sunflower lecithin, polysorbate 60), natural flavourings, fruit and vegetable concentrates (hibiscus, carrot), thickening agent (xanthan), raising agents (sodium carbonates).

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

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1763	419	705	167
Fat [g]	12		4,8	
of which saturates [g]	6		2,4	
Carbohydrates [g]	70		28	
of which sugars [g]	32		12,8	
Fibre [g]			2,1	
Protein [g]	7		2,8	
Salt [g]	0,55		0,22	

Suggested usage

- ▶ Consume 1 wafer within 60 minutes 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 WAFER delivers approx. 27 g carbohydrates.
- ▶ 1-4 wafers per day.

1997660 - PowerBar Energize Wafer Chocolate Peanut 40g

Sales description

Filled wafer with carbohydrates for athletes – chocolate-peanut flavour

Ingredients

Wheat flour, sugar, fructose, humectant (glycerol), vegetable fat, roasted **peanuts** (3,2%), maltodextrin, **milk** protein, dextrose, glucose syrup, fat-reduced cocoa powder (1,5%), sweet **whey** powder, modified starch, skimmed **milk** powder, flavouring, salt, emulsifiers (sunflower lecithins, polysorbate 60, **soy** lecithins), colouring agent (paprika extract), thickening agent (xanthan), raising agents (sodium carbonates), antioxidants (fatty acid esters of ascorbic acid, alpha-tocopherol).

May contain traces of **nuts**.

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1747	415	699	166
Fat [g]	10,9		4,4	
of which saturates [g]	4,2		1,7	
Carbohydrates [g]	70		28	
of which sugars [g]	32,5		13	
Fibre [g]			2,1	
Protein [g]	8		3,2	
Salt [g]	0,55		0,22	

Suggested usage

- ▶ Consume 1 wafer within 60 minutes before sports and/ore
- ▶ During endurance sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration. 1 PowerBar ENERGIZE WAFER delivers approx. 27 g carbohydrates.
- ▶ 1-4 wafers per day.