

2024402 – Multipower bar Fruit Power Original 40g

Sales description

Fruity bar with apples and raisins.

Ingredients

Apple juice concentrate, raisins 24%, apples 14% (**sulfurated**), **oat flakes**, rice crispies (rice flour, **wheat gluten**, sugar, **wheat malt**, glucose, salt), rice flour, maltodextrin, **soy oil**.

May contains traces of milk, lactose, eggs, sesame seeds, peanuts and other nuts.

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1481	346	592	138
Fat [g]	3,6		1,4	
of which saturates [g]	0,5		0,2	
Carbohydrates [g]	73		29,2	
of which sugars [g]	46		18,4	
Fibre [g]				
Protein [g]	4,3		1,7	
Salt [g]	0,28		0,11	

Store in a cool, dry place.

2024411 – Multipower bar Fruit Power Forest Fruit 40g

Sales description

Fruity bar with dates, candied cranberries and raspberries.

Ingredients

Apple juice concentrate, dates 16,6%, **oat flakes**, fruit pieces 11,7% (sugar, cranberries, blueberry juice concentrate, grapefruit juice concentrate, sunflower oil), rice crispies (rice flour, **wheat gluten**, sugar, **wheat malt**, glucose, salt), candied cranberries 9,0% (cranberries, sugar, humectant glycerol, acidifier citric acid, sunflower oil), rice flour, **soy protein**, maltodextrin, **soy oil**, raspberries 1%.

May contains traces of milk, lactose, eggs, sesame seeds, peanuts and other nuts.

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1450	339	580	136
Fat [g]	3,6		1,4	
of which saturates [g]	0,5		0,2	
Carbohydrates [g]	72		28,8	
of which sugars [g]	44		17,6	
Fibre [g]				
Protein [g]	6		2,4	
Salt [g]	0,23		0,09	

Store in a cool, dry place.

2024563 – Multipower creatine powder 500g

Sales description

Creatine powder. Dietary food for athletes during intense muscle effort in successive bursts of short-term, high-intensity exercise.

Ingredients

100% creatine monohydrate.

May contain traces of milk protein, soy and eggs.

Nutritional information

Nutritional information	per 100 g		per serving or portion*	
	kJ	kcal	kJ	kcal
Energy	< 50	12	< 50	12
Fat [g]	marginal		marginal	
of which saturates [g]	marginal		marginal	
Carbohydrates [g]	marginal		marginal	
of which sugars [g]	marginal		marginal	
Fibre [g]				
Protein [g]	marginal		marginal	
Salt [g]	marginal		marginal	

* portion size = 3 g

Energy per 100 ml prepared drink with water: 0 kJ/0 kcal

Store in a cool, dry place. Filling levels depends on technical factors.

Suggested usage

Preparation: Take 3 g daily (1/2 teaspoon) preferably before or after training with 150 ml water or fruit juice.

Not suitable for children and minors! Taking creatine monohydrate can lead to weight gain due to increased water deposits in the muscles. It can also raise the creatine level in your body and boost the buildup of creatine phosphate. This product should be taken as part of a varied and balanced diet and in conjunction with a healthy lifestyle.