

2086800 - PowerBar Smoochies Performance Apricot Peach 90g

Sales description

Fruit puree apple-peach-apricot with carbohydrates and sodium for athletes

Ingredients

Fruit puree (52,5 %) (apple, apricot), peach puree concentrate (18,7 %), maltodextrin, fructose, water, sodium citrate, sodium chloride, acidifier (citric acid).

Nutritional information

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	548	131	495	118
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	31		28	
of which sugars [g]	16		14	
Fibre [g]				
Protein [g]	0,5		0,5	
Salt [g]	0,59		0,53	

Vitamins/minerals	per 100 g	% ¹	per serving or portion	% ¹
Sodium [mg]	235		212	

¹Percentage of recommended daily allowance

Suggested usage

- ▶ 1 bag during the hour before exercise and / or
- ▶ during endurance exercise, up to 90 g of carbohydrates per hour are recommended, depending on intensity and duration.
1 PERFORMANCE ENERGY SMOOTHIE provides approx. 28 g – 34 g of carbohydrates (depending on the flavour).
- ▶ 1-4 bags/day

Store in a dry place. Protect from heat.

2086819 - PowerBar Smoochies Performance Banana Blueberry 90g

Sales description

Fruit puree banana-apple-blueberry-strawberry with carbohydrates and sodium for athletes

Ingredients

Fruit puree (66,2 %) [banana (31 %), apple, blueberry (8 %)], maltodextrin, strawberry puree concentrate (7 %), fructose, water, sodium citrate, sodium chloride, acidifier (citric acid).

Nutritional information

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	557	133	502	120
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	31		28	
of which sugars [g]	17		15	
Fibre [g]				
Protein [g]	0,5		0,5	
Salt [g]	0,59		0,53	

Vitamins/minerals	per 100 g	% ¹	per serving or portion	% ¹
Sodium [mg]	235		212	

¹Percentage of recommended daily allowance

Suggested usage

- ▶ 1 bag during the hour before exercise and / or
- ▶ during endurance exercise, up to 90 g of carbohydrates per hour are recommended, depending on intensity and duration.
1 PERFORMANCE ENERGY SMOOTHIE provides approx. 28 g – 34 g of carbohydrates (depending on the flavour).
- ▶ 1-4 bags/day

Store in a dry place. Protect from heat.

2112114 - PowerBar Smoochies Performance Mango Apple 90g

Sales description

Fruit puree apple-mango with carbohydrates and sodium for athletes

Ingredients

Fruit puree (65,2 %) [apple, mango (30 %)], maltodextrin, fructose, water, sodium citrate, sodium chloride, acidifier (citric acid).

Nutritional information

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	661	158	597	142
Fat [g]	0		0	
of which saturates [g]	0		0	
Carbohydrates [g]	38		34	
of which sugars [g]	16		14	
Fibre [g]				
Protein [g]	0,6		0,6	
Salt [g]	0,59		0,53	

Vitamins/minerals	per 100 g	% ¹	per serving or portion	% ¹
Sodium [mg]	235		212	

¹Percentage of recommended daily allowance

Suggested usage

- ▶ 1 bag during the hour before exercise and / or
- ▶ during endurance exercise, up to 90 g of carbohydrates per hour are recommended, depending on intensity and duration.
1 PERFORMANCE ENERGY SMOOTHIE provides approx. 28 g – 34 g of carbohydrates (depending on the flavour).
- ▶ 1-4 bags/day

Store in a dry place. Protect from heat.