

2198178 – PowerBar Energize bar Bella Italia 55 g

Sales description

Carbohydrate bar with sodium for athletes – tomato flavour.

Ingredients

Apple juice concentrate*, potato flakes*, date juice concentrate*, rice syrup*, **oat** flakes*, white grape juice concentrate, starch*, apple puree concentrate*, glucose fructose syrup, fructose syrup, **soy** protein*, tomato paste* (0,5%), sodium chloride*, rice flour*, cider vinegar*, gelling agent (pectin), beetroot juice concentrate*, natural flavours*, mixed spices* (spices*, tomato powder*, salt*), vegetable fat, **wheat** fibre*. May contain traces of **nuts**, **peanuts** and **milk**.

* natural ingredient

Nutritional information	per 100 g		per bar (55 g)	
	kJ	kcal	kJ	kcal
Energy	1335	315	734	173
Fat [g]	1,6		0,9	
of which saturates [g]	0,3		0,2	
Carbohydrates [g]	67		37	
of which sugars [g]	37		20	
Fibre [g]	4,1		2,3	
Protein [g]	5,4		3,0	
Salt [g]	0,91		0,50	

Vitamins/minerals	per 100 g	% ¹	per bar (55 g)	% ¹
Sodium [mg]	364		200	

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011

Suggested usage

- ▶ 1 bar per hour before sports
- ▶ During endurance sports, up to 90 g of carbohydrates are recommended, depending on intensity and duration. 1 PowerBar ENERGIZE provides approx. 36 g of carbohydrates.
- ▶ In addition to a varied and balanced diet and in conjunction with a healthy lifestyle. 1 – 4 bars per day.

This information serves for a better understanding. The information and values provided on the packages are of major importance.

2198187 – PowerBar Energize bar Gingerbread 55 g

Sales description

Carbohydrate bar with sodium for athletes – gingerbread taste.

Ingredients

Apple juice concentrate*, sugar beet molasses*, potato flakes*, **oat** flakes*, rice syrup*, date juice concentrate*, ground **almonds***, starch*, apple puree concentrate*, fructose syrup, **soy** protein*, cinnamon* (0,5%), sodium chloride*, thickening agent (pectin), natural flavours*. May contain traces of other **nuts**, **peanuts** and **milk**.

* natural ingredient

Nutritional information	per 100 g		per bar (55 g)	
Energy	kJ	kcal	kJ	kcal
	1410	334	775	184
Fat [g]	5,0		2,8	
of which saturates [g]	0,6		0,3	
Carbohydrates [g]	64		35	
of which sugars [g]	35		19	
Fibre [g]	5,0		2,8	
Protein [g]	5,3		2,9	
Salt [g]	0,46		0,25	

Vitamins/minerals	per 100 g	% ¹	per bar (55 g)	% ¹
Sodium [mg]	182		100	

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011

Suggested usage

- ▶ 1 bar per hour before sports
- ▶ During endurance sports, up to 90 g of carbohydrates are recommended, depending on intensity and duration. 1 PowerBar ENERGIZE provides approx. 36 g of carbohydrates.
- ▶ In addition to a varied and balanced diet and in conjunction with a healthy lifestyle. 1 – 4 bars per day.

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2198196 – PowerBar Energize bar Mango Tropical 55 g

Sales description

Fruity carbohydrate bar with sodium for athletes – mango pineapple flavour.

Ingredients

Apple juice concentrate*, potato flakes*, rice syrup*, **oat** flakes*, fructose syrup, white grape juice concentrate, starch*, apple puree concentrate*, mango juice concentrate* (4%), date juice concentrate*, ground **almonds***, sugar, **soy** protein*, **lactose**, pineapple juice concentrate* (0,5%), carrot juice concentrate*, sodium chloride*, gelling agent (pectin), natural flavours*, acidifier (citric acid), vegetable fat. May contain traces of **other nuts** and **peanuts**.

* natural ingredient

Nutritional information	per 100 g		per bar (55 g)	
	kJ	kcal	kJ	kcal
Energy	1384	327	761	180
Fat [g]	3,1		1,7	
of which saturates [g]	0,7		0,4	
Carbohydrates [g]	67		37	
of which sugars [g]	39		21	
Fibre [g]	3,7		2,0	
Protein [g]	5,2		2,9	
Salt [g]	0,46		0,25	
Vitamins/minerals	per 100 g	% ¹	per bar (55 g)	% ¹
	182		100	
Sodium [mg]				

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011

Suggested usage

- › 1 bar per hour before sports
- › During endurance sports, up to 90 g of carbohydrates are recommended, depending on intensity and duration. 1 PowerBar ENERGIZE provides approx. 36 g of carbohydrates.
- › In addition to a varied and balanced diet and in conjunction with a healthy lifestyle. 1 – 4 bars per day.

This information serves for a better understanding. The information and values provided on the packages are of major importance.

2198202 – PowerBar Energize bar Original Almond Vanilla 55 g

Sales description

Carbohydrate bar with almonds and sodium for athletes – vanilla flavour.

Ingredients

Fruit syrup* (apple*, grape*, carob*), white grape juice concentrate, potato flakes*, date juice concentrate*, **oat** flakes*, ground **almonds*** (6%), starch*, apple juice concentrate*, apple puree concentrate*, natural flavours*, sodium chloride*, thickening agent (pectin). May contain traces of other **nuts, peanuts, soy** and **milk**.

* natural ingredient

Nutritional information	per 100 g		per bar (55 g)	
Energy	kJ	kcal	kJ	kcal
	1433	339	788	186
Fat [g]	5,0		2,8	
of which saturates [g]	0,5		0,3	
Carbohydrates [g]	66		36	
of which sugars [g]	39		21	
Fibre [g]	4,1		2,3	
Protein [g]	4,8		2,6	
Salt [g]	0,46		0,25	

Vitamins/minerals	per 100 g	% ¹	per bar (55 g)	% ¹
Sodium [mg]	182		100	

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011

Suggested usage

- ▶ 1 bar per hour before sports
- ▶ During endurance sports, up to 90 g of carbohydrates are recommended, depending on intensity and duration. 1 PowerBar ENERGIZE provides approx. 36 g of carbohydrates.
- ▶ In addition to a varied and balanced diet and in conjunction with a healthy lifestyle. 1 – 4 bars per day.

This information serves for a better understanding. The information and values provided on the packages are of major importance.

2198211 – PowerBar Energize bar Salty Peanut 55 g

Sales description

Carbohydrate bar with peanuts and sodium for athletes.

Ingredients

Potato flakes*, white grape juice concentrate, fruit syrup* (apple*, grape*, carob*), maple syrup*, **peanut** paste (8%), **oat** flakes*, rice syrup*, starch*, apple juice concentrate*, fructose syrup, apple puree concentrate*, **peanut** flour* (3,5%), **milk** caramel powder* (sugar*, skimmed **milk** powder*), sodium chloride*, thickening agent (pectin), natural flavour*.

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

* natural ingredient

Nutritional information	per 100 g		per bar (55 g)	
	kJ	kcal	kJ	kcal
Energy	1452	344	799	189
Fat [g]	6,0		3,3	
of which saturates [g]	1,2		0,7	
Carbohydrates [g]	63		35	
of which sugars [g]	37		20	
Fibre [g]	4,2		2,3	
Protein [g]	6,9		3,8	
Salt [g]	0,91		0,50	

Vitamins/minerals	per 100 g	% ¹	per bar (55 g)	% ¹
Sodium [mg]	364		200	

¹ Percentage of reference quantity in accordance with EU reg. no. 1169/2011

Suggested usage

- ▶ 1 bar per hour before sports
- ▶ During endurance sports, up to 90 g of carbohydrates are recommended, depending on intensity and duration. 1 PowerBar ENERGIZE provides approx. 36 g of carbohydrates.
- ▶ In addition to a varied and balanced diet and in conjunction with a healthy lifestyle. 1 – 4 bars per day.

This information serves for a better understanding. The information and values provided on the packages are of major importance.