

2200303 – PowerBar Natural Energy Cereal bar Raspberry Crisp 40 g

Sales description

Crispy energy bar for athletes with cranberries, raspberries and magnesium.

Ingredients

Roasted chick peas* (21%) (chick peas*, sunflower oil*), fruit syrup* (apple*, grape*, carob*), pineapple-cranberry preparation* (pineapple syrup*, cranberries* (6%), rice flour*, pineapple juice concentrate*, sunflower oil*), roasted **peanuts***, cereal crispies 10% (**wheat** flour*, **wheat** malt*, salt), maltodextrin*, **soy** beans*, apple juice concentrate*, vegetable fat*, freeze-dried raspberries* (2%), magnesium citrate, lemon juice concentrate*, natural flavour*, humectant (glycerol), salt, emulsifier (**soja** lecithin), vanilla extract*.

* natural ingredient. May contain traces of **nuts** and **milk**.

Nutritional information	per 100 g		per bar (40 g)	
	kJ	kcal	kJ	kcal
Energy	1618	385	647	154
Fat [g]	11		4,4	
of which saturates[g]	2,9		1,2	
Carbohydrates [g]	58		23	
of which sugars[g]	31		12	
Fibre [g]	8,0		3,2	
Protein [g]	9,7		3,9	
Salt [g]	0,20		0,08	

Vitamins/minerals	per 100 g	% ¹	per bar (40 g)	% ¹
Magnesium [mg]	180	48	72,0	19

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 Power Bar NATURAL ENERGY CEREAL bar contains approx. 25 g of carbohydrates.

► 1 – 4 bars per day.

► In addition to a varied and balanced diet and in conjunction with a healthy lifestyle.

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

2200312 – PowerBar Natural Energy Cereal bar Strawberry-Cranberry 40 g

Sales description

Crispy energy bar for athletes with wholemeal oat flakes, strawberries, candied cranberries and magnesium.

Ingredients

Wholemeal **oat** flakes* (33,7%), glucose-fructose syrup*, maltodextrin*, wholemeal crips [wholemeal **wheat** flour*, rice flour*, sugar*, **barley** malt flour*, **wheat** malt flour*, salt, rapeseed oil*, stabiliser (calcium carbonate*), emulsifier (**soya** lecithin*)], candied cranberries* (8,9%) (sugar*, cranberries*, rice flour*, sunflower oil*), vegetable fat*, strawberries* (3%), **soybeans***, magnesium citrate, lemon juice concentrate*, apple juice concentrate*, salt, natural flavour*, humectant (glycerol*), acidifier (citric acid), emulsifier (**soya** lecithin*), vanilla extract*.

* natural ingredient. May contain traces of **peanuts, nuts** and **milk**.

Nutritional information	per 100 g		per bar (40 g)	
	kJ	kcal	kJ	kcal
Energy	1549	367	620	147
Fat [g]	7,2		2,9	
of which saturates[g]	2,6		1,0	
Carbohydrates [g]	65		26	
of which sugars[g]	22		9,0	
Fibre [g]	5,8		2,3	
Protein [g]	7,2		2,9	
Salt [g]	0,33		0,13	

Vitamins/minerals	per 100 g	% ¹	per bar (40 g)	
				% ¹
Magnesium [mg]	180	48	72,0	19

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 NATURAL ENERGY CEREAL bar contains approx. 25 g of carbohydrates.

▶ 1 – 4 bars per day.

▶ In addition to a varied and balanced diet and in conjunction with a healthy lifestyle.

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

2200321 – PowerBar Natural Energy Cereal bar Sweet´n Salty 40 g

Sales description

Crispy bar for athletes with wholemeal oat flakes, lye pretzel pieces, pumpkin seeds and magnesium.

Ingredients

Wholemeal **oat** flakes* (27,1%), glucose-fructose syrup*, lye pretzel pieces (14,2%) [**wheat** flour*, vegetable fat*, salt, **wheat** malt flour*, yeast*, raising agent (sodium carbonate), acidity regulator (sodium hydroxide)], maltodextrin*, pumpkin seeds* (7,1%), wholemeal crisps [wholemeal **wheat** flour*, rice flour*, sugar*, **barley** malt flour*, **wheat** malt flour*, salt, rapeseed oil*, stabiliser (calcium carbonate*), emulsifier (**soya** lecithin*)], **soybeans***, vegetable fat*, salt, magnesium citrate, humectant (glycerol*), emulsifier (**soya** lecithin*), vanilla extract*.

*natural ingredient.

May contain traces of **peanuts, nuts, sesame** and **milk**.

Nutritional information	per 100 g		per bar (40 g)	
	kJ	kcal	kJ	kcal
Energy	1627	386	651	155
Fat [g]	10		4,2	
of which saturates[g]	3,2		1,3	
Carbohydrates [g]	61		24	
of which sugars[g]	15		6,1	
Fibre [g]	4,7		1,9	
Protein [g]	10		4,1	
Salt [g]	1,2		0,48	

Vitamins/minerals	per 100 g	% ¹	per bar (40 g)	% ¹
Magnesium [mg]	180	48	72,0	19

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 NATURAL ENERGY CEREAL bar contains approx. 25 g of carbohydrates.

▶ 1 – 4 bars per day.

▶ In addition to a varied and balanced diet and in conjunction with a healthy lifestyle.

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

2200297 – PowerBar Natural Energy Cereal bar Cacao-Crunch 40 g

Sales description

Crispy bar for athletes with wholemeal oat flakes, cocoa mass and magnesium.

Ingredients

Wholemeal **oat** flakes* (29,4%), glucose-fructose syrup*, maltodextrin*, wholemeal crips [wholemeal **wheat** flour*, rice flour*, sugar*, **barley** malt flour*, **wheat** malt flour*, salt, rapeseed oil*, stabiliser (calcium carbonate*), emulsifier (**soy** lecithin*)], cocoa mass* (5,3%), **soybeans***, chocolate powder (4,1%) [sugar, cocoa mass], vegetable fat*, magnesium citrate, humectant (glycerol*), salt, emulsifier (**soy** lecithin*), vanilla extract*.

*natural ingredient.

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

Nutritional information	per 100 g		per bar (40 g)	
	kJ	kcal	kJ	kcal
Energy	1679	399	672	160
Fat [g]	11		4,4	
of which saturates[g]	4,2		1,7	
Carbohydrates [g]	63		25	
of which sugars[g]	18		7,9	
Fibre [g]	5,7		2,3	
Protein [g]	9,0		3,6	
Salt [g]	0,38		0,15	

Vitamins/minerals	per 100 g	% ¹	per bar (40 g)	% ¹
Magnesium [mg]	180	48	72,0	19

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 Power-Bar NATURAL ENERGY CEREAL bar contains approx. 25 g of carbohydrates.

▶ 1 – 4 bars per day.

▶ In addition to a varied and balanced diet and in conjunction with a healthy lifestyle.

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