

2201418 – Vitargo Endurance Bar, 65g, Flavour: Crunchy Caramel

Sales description

Dietary food supplement

Ingredients

Oat flakes 19,7%, raisins, glucose syrup, invert sugar syrup, amylopectin **BARLEY STARCH (contains gluten)** 9%, rice crispies 8,8% [**rice flour, wheat gluten, wheat malt**, sugar, dextrose, salt], caramel pieces 6,6% [glucose syrup, sugar, humectant (glycerol), **wheat fibre, skimmed milk powder**, apple puree concentrate, vegetable fat, thickening agent (pectin), flavourings, acidity regulator (**lactic acid**), **rice extract**.], sugar, **hydrolysed wheat gluten**, vegetable fat, creatine monohydrate 1,5%, flavourings, emulsifier (**soy lecithin**), sodium, caffeine 0,13%.

Nutritional information

Nutritional information	per 100 g		per serving or portion 45g	
	kJ	kcal	kJ	kcal
Energy	1494	353	971	230
Fat [g]	5,9		3,8	
of which saturates [g]	2,1		1,4	
Carbohydrates [g]	67,3		43,7	
of which sugars [g]	34,1		22,2	
Protein [g]	8		5,2	
Salt [g]	0,2		0,1	

Others	per 100 g		per bar (65 g)	
Creatine monohydrate [g]	1,5	1	3	60
Caffeine [mg]	126	82	302	15,1

Suggested usage

During training: Take 1/3 bar every 15 to 30 minutes together with water or a sports drink (preferably sugar-free, like Vitargo®).

Team sport (football, handball, ice hockey etc.): Take ½ bar after warm up and ½ bar in the half-time break. Take one bar after the competition.

Cycling, running, endurance sport: Take 1/3 bar every 15 to 30 minutes together with water or a sports drink (preferably sugar-free, like Vitargo®).

Golf, hiking: Take 1/3 bar every 30 minutes together with water or a sports drink (preferably sugar-free, like Vitargo®).

Store in a cool, dry place!