

## 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)	
Energy				
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	% <sup>1</sup>	per bar (40 g)	% <sup>1</sup>
Magnesium [mg]	180	48	72,0	19

<sup>1</sup> 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 Powe 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.

## 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%), **soy**beans\*, 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)	
Energy	kJ	kcal	kJ	kcal
	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	% <sup>1</sup>	per bar (40 g)	% <sup>1</sup>
Magnesium [mg]	180	48	72,0	19

<sup>1</sup> 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.

## 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)	
Energy	kJ	kcal	kJ	kcal
	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	% <sup>1</sup>	per bar (40 g)	% <sup>1</sup>
Magnesium [mg]	180	48	72,0	19

<sup>1</sup> 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.

## 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	% <sup>1</sup>	per bar (40 g)	% <sup>1</sup>
Magnesium [mg]	180	48	72,0	19

<sup>1</sup> 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.