

## 2250001 – PowerBar Recovery 2.0 drink powder Chocolate Champion

### Sales description

Carbohydrate-protein drink powder for adult athletes with magnesium and zinc, chocolate coating.

### Ingredients

Maltodextrin (43 %), whey protein (**milk**), sugar, skimmed milk powder, fat-reduced cocoa powder (6 %), **oat** flour (2 %), natural flavouring, magnesium carbonate, zinc citrate, salt, emulsifier (**soy** lecithin). May contain traces of eggs..

Nutritional information	per 100g		per portion (44g)*	
	kJ	kcal	kJ	kcal
Energy	1574	371	693	163
Fat [g]	2,1		0,9	
of which saturates [g]	0,8		0,4	
Carbohydrates [g]	64		28	
of which sugars [g]	24		10	
Protein [g]	23		10	
Salt [g]	0,72		0,32	

  

Vitamins/minerals	per 100 g	%1	per portion (44g)*	
				%1
Magnesium [mg]	218	58	95,9	26
Zinc [mg]	6,3	63	2,8	28

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

\* Stir 1 portion = 44g (approx. 3 measuring spoons) into 125ml water

### Suggested usage

Preparation:

- After moderate and intensive training units: According to modern sports nutrition research, stir 2 portions = 88 g (approx. 6 measuring spoons) into 250 ml water and consume directly after training.
- After easy training: stir 1 portion = 44 g (approx. 3 measuring spoons) into 125 ml water and consume directly.
- As part of a varied and balanced diet and a healthy lifestyle. 1-2 portions per day after training

Store in a cool, dry place.

**This information serves for a better understanding.**

**The information and values provided on the packages are of major importance.**

## 2250002 – PowerBar Recovery 2.0 drink powder Raspberry Cooler

### Sales description

Carbohydrate-protein drink powder for adult athletes with magnesium and zinc, raspberry flavour.

### Ingredients

Maltodextrin (51 %), whey protein (**milk**), sugar, **oat** flour (2 %), acidifier (citric acid), magnesium carbonate, zinc citrate, salt, natural flavouring, colouring agent (beet red), emulsifier (**soy** lecithin). May contain traces of eggs.

Nutritional information	per 100g		per portion (44g)*	
	kJ	kcal	kJ	kcal
Energy	1588	374	699	165
Fat [g]	1,8		0,8	
of which saturates [g]	0,6		0,2	
Carbohydrates [g]	66		29	
of which sugars [g]	20		9	
Protein [g]	23		10	
Salt [g]	0,59		0,26	

  

Vitamins/minerals	per 100 g	%1	per portion (44g)*	
				%1
Magnesium [mg]	189	50	83,2	22
Zinc [mg]	5,6	56	2,5	25
Lactose [g]	1,06		0,47	

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

\* Stir 1 portion = 44g (approx. 3 measuring spoons) into 125ml water

### Suggested usage

Preparation:

- ▶ After moderate and intensive training units: According to modern sports nutrition research, stir 2 portions = 88 g (approx. 6 measuring spoons) into 250 ml water and consume directly after training.
- ▶ After easy training: stir 1 portion = 44 g (approx. 3 measuring spoons) into 125 ml water and consume directly.
- ▶ As part of a varied and balanced diet and a healthy lifestyle. 1-2 portions per day after training.

Store in a cool, dry place.

**This information serves for a better understanding.**

**The information and values provided on the packages are of major importance.**