

658362 - PowerBar Ride Peanut-Caramel 55g

Sales description

Carbohydrate-protein bar for top athletes with cocoa-based coating, caramel paste, peanuts and magnesium.

Ingredients

Cocoa-based coating (20%) (sugar, palm and shea fat, fat-reduced cocoa powder, skimmed **milk** powder, protein enriched **whey** powder, emulsifiers (soya lecithin, polyglycerol polyricinoleate)), caramel paste (15%) (glucose fructose syrup, sugar, vegetable fat, sweetened condensed skimmed **milk**, clarified **butter**, emulsifier (mono- and diglycerides of fatty acids), gelling agent (carrageenan), caramelised sugar syrup, salt), humectant (maltitol syrup, glycerol), glucose syrup, **soy** crisps (**soy** protein, starch, salt), invert sugar syrup, **oat** fibre, **peanut** butter (3,7%), **whey** protein, **milk** protein, **soya** protein, **peanuts** (3,6%), **peanut** flour (3,5%), inulin, maltodextrin, magnesium carbonate, salt, emulsifier (**soya** lecithin).

May contain traces of **nuts**.

Nutritional information

Nutritional information	per 100 g		per serving or portion	
	kJ	kcal	kJ	kcal
Energy	1680	401	924	221
Fat [g]	15,5		8,5	
of which saturates [g]	6,5		3,6	
Carbohydrates [g]	46,4		25,5	
of which sugars [g]	27,5		15,1	
Fibre [g]	8,0		4,4	
Protein [g]	19,0		10,5	
Salt [g]	0,6		0,3	

Vitamine/Mineralstoffe	per 100 g	% ¹	per serving or portion	
				% ¹
Magnesium [mg]	170	45	94	25

¹ Percentage of recommended daily allowance

Suggested usage

- › Consume 1 bar within 60 mins before sport and/or
- › During sports, we recommend to consume up to 90g carbohydrates per hour
- › Depending on the intensity and duration. 1 PowerBar RIDE ENERGY delivers about 25g carbohydrates
- › As part of a varied and balanced diet and a healthy lifestyle. 1-3 bars per day. Excessive consumption may induce laxative effects.

658379 - PowerBar Ride Chocolate-Caramel 55g

Sales description

Carbohydrate-protein bar for top athletes with cocoa-based coating, caramel paste, cocoa and magnesium.

Ingredients

Cocoa-based coating (20%) (sugar, palm and shea fat, fat-reduced cocoa powder, skimmed **milk** powder, protein enriched **whey** powder, emulsifiers (**soya** lecithin, polyglycerol polyricinoleate)), caramel paste (15%) (glucose fructose syrup, sugar, vegetable fat, sweetened condensed skimmed **milk**, clarified **butter**, emulsifier (mono- and diglycerides of fatty acids), gelling agent (carrageenan), caramelised sugar syrup, salt), humectant (maltitol syrup, glycerol), glucose syrup, **soy** crisps (**soy** protein, starch, salt), invert sugar syrup, **whey** protein, **milk** protein, **soya** protein, **peanuts** (3,6%), **oat** fibre, **almond** butter, inulin, fat-reduced cocoa powder (2,4%), maltodextrin, flavouring, magnesium carbonate, salt, emulsifier (**soya** lecithin).

May contain traces of **other nuts**.

Nutritional information

Nutritional information	per 100 g		per serving or portion	
Energy	kJ	kcal	kJ	kcal
	1649	394	907	217
Fat [g]	15,0		8,3	
of which saturates [g]	7,0		3,9	
Carbohydrates [g]	45,4		25,0	
of which sugars [g]	27,5		15,1	
Fibre [g]	8,0		4,4	
Protein [g]	19,5		10,7	
Salt [g]	0,6		0,3	

Vitamine/Mineralstoffe	per 100 g	% ¹	per serving or portion	% ¹
Magnesium [mg]	170	45	94	25

¹ Percentage of recommended daily allowance

Suggested usage

- Consume 1 bar within 60 mins before sport and/or
- During sports, we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration. 1 PowerBar RIDE delivers approx. 25g carbohydrates.
- As part of a varied and balanced diet and a healthy lifestyle. 1-3 bars per day. Excessive consumption may induce laxative effects.

More Info at [rosebikes.com](https://www.rosebikes.com)