

## 1906057 - PowerBar Riegel Energize Original Chocolate 55g

### Sales description

Carbohydrate oat bran bar with sodium and magnesium for athletes – chocolate flavour

### Ingredients

Fructose glucose syrup, crispy rice (rice semolina, sugar, **wheat**gluten, palm fat, **barley**malt flour, salt), rice flour, **milk** protein, **oat** bran (8%), maltodextrin, low-fat cocoa powder (4%), **oat** flakes (4%), **almond**pulp, cocoa mass (2%), flavouring, sodium citrate, fructose, humectant (glycerine), salt, magnesium carbonate.

May contain: **peanuts, hazelnuts, soy.**

Nutritional information	per 100 g		per bar (55g)	
	kJ	kcal	kJ	kcal
Energy	1539	364	849	201
Fat [g]	4,3		2,4	
of which saturates [g]	1,3		0,7	
Carbohydrates [g]	66		36	
of which sugars [g]	38		21	
Fibre [g]	3,8		2,1	
Protein [g]	13		7,4	
Salt [g]	1,1		0.58	

Vitamins/minerals:	per 100 g	% <sup>1</sup>	per bar (55g)	% <sup>1</sup>
Magnesium [mg]	135	36	74,0	20
Sodium [g]	420		230	

<sup>1</sup> Percentage of recommended daily allowance

### Suggested usage

- Ideal prior to and/or during workout, drink sufficient fluid with it.
- 1-4 bars per day.
- As part of a varied and balanced diet and a healthy lifestyle.
- Store in a dry place.
- Keep away from heat.

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

## 1906075 - PowerBar Riegel Energize Original Cookies & Cream 55g

### Sales description

Carbohydrate oat bran bar for athletes with sodium and magnesium – Cookies & Cream flavour

### Ingredients

Fructose-glucose syrup, **oat** bran (15%), rice flour, **milk** protein, crisp rice (rice semolina, sugar, **wheat**gluten, palm fat, **barley** malt flour, salt), maltodextrin, cocoa cookie pieces (5%) [**wheat** flour, sugar, palm fat, low-fat cocoa, rapeseed oil, glucose syrup, skimmed milk powder, raising agents (sodium carbonate, tartaric acid), **barley** malt syrup, salt, flavouring, malt extract (from **barley**)], **almond**pulp, **oat**flakes (3%), humectant (glycerine), sodium citrate, fructose, flavouring, magnesium carbonate, salt.

May contain: **peanuts, hazelnuts, soy.**

Nutritional information	per 100 g		per bar (55g)	
	kJ	kcal	kJ	kcal
Energy	1548	366	854	202
Fat [g]	4,3		2,4	
of which saturates [g]	1.0		0,6	
Carbohydrates [g]	67		37	
of which sugars [g]	38		21	
Fibre [g]	3,4		1,9	
Protein [g]	13		7,1	
Salt [g]	0,98		0,55	

  

Vitamins/minerals:	per 100 g	% <sup>1</sup>	per bar (55g)	% <sup>1</sup>
Magnesium [mg]	131,0	35	72,0	19
Sodium [g]	390		220	

<sup>1</sup> Percentage of recommended daily allowance

### Suggested usage

- Ideal prior to and/or during workout, drink sufficient fluid with it.
- 1-4 bars per day.
- As part of a varied and balanced diet and a healthy lifestyle.
- Store in a dry place.
- Keep away from heat.

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

## 1906002 - PowerBar Riegel Energize Original Berry 55g

### Sales description

Carbohydrate oat bran bar with fruit preparation, sodium and magnesium for athletes – berry flavour

### Ingredients

Fructose glucose syrup, fruit preparation (13%) [sugar, raspberry, cherry, and strawberry juice from fruit juice, fructose syrup, **milk** sugar, apple puree, raspberry (8%\*), strawberry (5%\*), apple, gelling agent (pectin), palm fat, antioxidant (ascorbic acid), acidifier (citric acid), flavouring], maltodextrin, **oat** flakes (11%), **milk** protein, rice crisps (rice semolina, sugar, **wheat** gluten, palm fat, **barley**malt flour, salt), **almond** pulp, sodium citrate, rapeseed oil, red beet-root juice, acidifier (citric acid), magnesium carbonate, flavouring, salt.

May contain: **peanuts, hazelnuts, soy.**

\*referring to the fruit preparation.

Nutritional information	per 100 g		per bar (55g)	
	kJ	kcal	kJ	kcal
Energy	1533	362	842	199
Fat [g]	3,7		2,0	
of which saturates [g]	0,7		0,4	
Carbohydrates [g]	71		39	
of which sugars [g]	44		24	
Fibre [g]	1,5		0,8	
Protein [g]	11		5,8	
Salt [g]	0,88		0,48	

Vitamins/minerals:	per 100 g	% <sup>1</sup>	per bar (55g)	% <sup>1</sup>
Magnesium [mg]	137	37	75,6	20
Sodium [g]	350		190	

<sup>1</sup> Percentage of recommended daily allowance

### Suggested usage

- Ideal prior to and/or during workout, drink sufficient fluid with it.
- 1-4 bars per day.
- As part of a varied and balanced diet and a healthy lifestyle.
- Store in a dry place.
- Keep away from heat.

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## 1906020 - PowerBar Riegel Energize Original Banana Punch 55g

### Sales description

Carbohydrate oat bran bar with fruit preparation, sodium and magnesium for athletes – banana flavour

### Ingredients

Fructose glucose syrup, fruit preparation (13%) [fruit puree (banana (19% \*), apple), sugar, fructose syrup, **milk**sugar, palm kernel fat, gelling agent (pectin), flavouring, acidifier (citric acid)], maltodextrin, **oat** flakes (11%), **milk**protein, rice crisps (rice semolina, sugar, **wheat**gluten, palm fat, **barley**malt flour, salt), **almond**pulp, sodium citrate, rapeseed oil, magnesium carbonate, flavouring, salt.

May contain: **peanuts, hazelnuts, soy.**

\*referring to the fruit preparation.

Nutritional information	per 100 g		per bar (55g)	
	kJ	kcal	kJ	kcal
Energy	1560	368	859	203
Fat [g]	4,0		2,2	
of which saturates [g]	0,6		0,3	
Carbohydrates [g]	72		39	
of which sugars [g]	43		23	
Fibre [g]	2,0		1,1	
Protein [g]	11		5,8	
Salt [g]	0,95		0,53	

Vitamins/minerals:	per 100 g	% <sup>1</sup>	per bar (55g)	% <sup>1</sup>
Magnesium [mg]	138	37	76,1	20
Sodium [g]	380		210	

<sup>1</sup> Percentage of recommended daily allowance

### Suggested usage

- Ideal prior to and/or during workout, drink sufficient fluid with it.
- 1-4 bars per day.
- As part of a varied and balanced diet and a healthy lifestyle.
- Store in a dry place.
- Keep away from heat.

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