

2338595 - PowerBar 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** paste, cocoa mass (2%), flavouring, sodium citrate, fructose, humectant (glycerine), salt, magnesium carbonates.

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

Nutritional information	per 100g		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	%1	per bar 55 g	%1
Magnesium [mg]	135	36	74.0	20
Sodium [mg]	420		230	

1 Percentage of recommended daily allowance

Recommended usage

- Ideal prior to and/or during workout, drink sufficient fluid with it.
- 1-4 bars per day.
- As part of a varied, 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 packaging are decisive.

2338597 - PowerBar 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, crispy rice (rice semolina, sugar, **wheat** gluten, palm fat, **barley** malt flour, salt), maltodextrin, cocoa biscuit pieces (5%) [**wheat** flour, sugar, palm fat, low-fat cocoa, rapeseed oil, glucose syrup, skimmed milk powder, raising agents (sodium carbonates, tartaric acid), **barley** malt syrup, salt, flavouring, malt extract (from **barley**)], **almond** paste, **oat** flakes (3%), humectant (glycerine), sodium citrates, fructose, flavouring, magnesium carbonates, salt.

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

Nutritional information	per 100g		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	%1	per bar 55 g	%1
Magnesium [mg]	131.0	35	72.0	19
Sodium [mg]	390		220	

1 Percentage of recommended daily allowance

Recommended usage

- Ideal prior to and/or during workout, drink sufficient fluid with it.
- 1-4 bars per day.
- As part of a varied, 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 packaging are decisive.

2338596 - PowerBar Energize Original Berry 55g

Sales description

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

Ingredients

Fructose-glucose syrup, fruit preparation (13%) [sugar, raspberry, cherry and strawberry juice from fruit juice concentrate, fructose syrup, **lactose**, 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, crispy rice (rice semolina, sugar, **wheat** gluten, palm fat, **barley** malt flour, salt), **almond** paste, sodium citrate, rapeseed oil, beetroot juice concentrate, acidifier (citric acid), magnesium carbonates, flavouring, salt.

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

*referring to the fruit preparation.

Nutritional information	per 100g		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	%1	per bar 55 g	%1
Magnesium [mg]	137	37	75.6	20
Sodium [mg]	350		190	

1 Percentage of recommended daily allowance

Recommended usage

- Ideal prior to and/or during workout, drink sufficient fluid with it.
- 1-4 bars per day.
- As part of a varied, 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 packaging are decisive.

2338594 - PowerBar 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, **lactose**, palm kernel fat, gelling agent (pectin), flavouring, acidifier (citric acid)], maltodextrin, rolled **oats** (11%), **milk** protein, crispy rice (rice semolina, sugar, **wheat** gluten, palm fat, **barley** malt flour, salt), **almond** paste, sodium citrates, rapeseed oil, magnesium carbonates, flavouring, salt.

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

*referring to the fruit preparation.

Nutritional information	per 100g		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	%1	per bar 55 g	%1
Magnesium [mg]	138	37	76.1	20
Sodium [mg]	380		210	

1 Percentage of recommended daily allowance

Recommended usage

- Ideal prior to and/or during workout, drink sufficient fluid with it.
- 1-4 bars per day.
- As part of a varied, 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 packaging are decisive.