

2342064 – PowerBar Natural Energy Cereal Bar Strawberry-Cranberry 40 g

Sales description

Crunchy bar for athletes with wholemeal oat flakes, strawberries, candied cranberries and magnesium.

Ingredients

Wholemeal **oat**flakes* (34%), glucose-fructose syrup, maltodextrin*, wholemeal crispies (11%) [wholemeal **wheat** flour*, rice flour*, sugar*, **barley** malt flour*, **wheat** malt flour*, salt, rapeseed oil*, acidity regulator (calcium carbonate), emulsifier (**soy** lecithin)], candied cranberries* (9%) (sugar*, cranberries*, rice flour*, sunflower oil*), palm fat*, strawberries* (3%), **soy** beans*, magnesium citrate, lemon juice concentrate*, apple juice concentrate*, salt, natural flavouring*, humectant (glycerine), acidifier (citric acid), emulsifier (**soy** lecithin), vanilla extract*. * natural ingredient

May contain: **peanuts, almonds, hazelnuts, cashews, milk.**

Nutritional information	per 100 g		per bar (40g)	
	kJ	kcal	kJ	kcal
Energy	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	% ¹	per bar (40g)	% ¹
Magnesium [mg]	180	48	72,0	19

^{1%} of the reference value according to VO (EU) no. 1169/2011

Recommended usage

- Eat 1 bar 30-60 mins before exercise and/or 1 bar every 40-60 mins during exercise followed by water.
- 1 - 4 bars per day.
- As part of a varied, balanced diet and a healthy lifestyle.
- Store in a dry place, protect from heat.

This information serves for a better understanding. The decisive information and values are printed on the packaging.

2342065 – PowerBar Natural Energy Cereal Bar Sweet'n Salty 40 g

Sales description

Crunchy bar for athletes with wholemeal oat flakes, pretzel pieces, pumpkin seeds and magnesium.

Ingredients

Wholemeal **oat** flakes* (27%), invert sugar syrup, pretzel pieces (14%) [**wheat** flour*, rapeseed oil, salt, **wheat** malt flour*, yeast*, raising agent (sodium carbonate), acidity regulator (sodium hydroxide)], maltodextrin*, pumpkin seeds* (7%), glucose syrup, wholemeal crispies (6%) [wholemeal **wheat** flour*, rice flour*, sugar*, **barley** malt flour*, **wheat** malt flour*, salt, rapeseed oil*, acidity regulator (calcium carbonate), emulsifier (**soy** lecithin)], **soy** beans*, palm fat*, humectant (glycerol), salt, magnesium citrate, emulsifier (**soy** lecithin), vanilla extract*. * natural ingredient

May contain: **peanuts, almonds, hazelnuts, cashews, milk.**

Nutritional information	per 100 g		per bar (40g)	
Energy				
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	%¹	per bar (40g)	%¹
Magnesium [mg]	180	48	72,0	19

^{1%} of the reference value according to VO (EU) no. 1169/2011

Recommended usage

- Eat 1 bar 30-60 mins before exercise and/or 1 bar every 40-60 mins during exercise followed by water.
- 1 - 3 bars per day.
- As part of a varied, balanced diet and a healthy lifestyle.
- Store in a dry place, protect from heat.

This information serves for a better understanding. The decisive information and values are printed on the packaging.

2342063 – PowerBar Natural Energy Cereal Bar Cacao Crunch 40 g

Sales description

Crunchy bar for athletes with wholemeal oat flakes, cacao paste and magnesium.

Ingredients

Wholemeal **oat**flakes* (29%), glucose-fructose syrup, maltodextrin*, wholemeal crispies (12%) [wholemeal **wheat** flour*, rice flour*, sugar*, **barley** malt flour*, **wheat** malt flour*, salt, rapeseed oil*, acidity regulator (calcium carbonate), emulsifier (**soy** lecithin)], cocoa mass* (5%), **soy** beans*, dark chocolate (4%) [cocoa mass*, sugar*, emulsifier (**soy** lecithin), natural vanilla flavouring*], palm fat*, magnesium citrate, humectant (glycerine), salt, emulsifier (**soy** lecithin), vanilla extract*. * natural ingredient

May contain: **peanuts, almonds, hazelnuts, cashews, milk.**

Nutritional information	per 100 g		per bar (40g)	
	kJ	kcal	kJ	kcal
Energy	1637	389	988	156
Fat [g]	11		4.5	
of which saturates [g]	4.8		1.9	
Carbohydrates [g]	61		25	
of which sugars [g]	19		7.7	
Fibre [g]	5.7		2.3	
Protein [g]	8.1		3.2	
Salt [g]	0.43		0.17	
Vitamins/Minerals	per 100 g	% ¹	per bar (40g)	% ¹
Magnesium [mg]	180	48	72,0	19

¹% of the reference value according to VO (EU) no. 1169/2011

Recommended usage

- Eat 1 bar 30-60 mins before exercise and/or 1 bar every 40-60 mins during exercise followed by water.
- 1 - 4 bars per day.
- As part of a varied, balanced diet and a healthy lifestyle.
- Store in a dry place, protect from heat.

This information serves for a better understanding. The decisive information and values are printed on the packaging.