

1905942 – PowerBar Natural Energy Fruit Bar, Apple Strudel

Sales description

Fruit bar with magnesium for athletes – Apple Strudel

Ingredients

Apple preparation* (50%) (apple juice concentrate*, apples*, apple pulp*, starch*), sultanas* (20%), **soy***, **almonds*** (12%), wafer (starch, water, olive oil), magnesium citrate, cinnamon*.

*natural ingredient

May contain **gluten, milk, peanuts, hazelnuts.**

Nutritional information	per 100 g		per bar (40g)	
	kJ	kcal	kJ	kcal
Energy	1509	359	604	114
Fat [g]	12		4.8	
of which saturates [g]	1,7		0,7	
Carbohydrates [g]	50		20	
of which sugars [g]	47		19	
Fibre [g]	5.5		2,2	
Protein [g]	11		4.2	
Salt [g]	0.04		0.02	

Vitamins/minerals:	per 100 g	% ¹	per bar (40g)	% ¹
Magnesium [mg]	188	50	75.0	20

¹ per cent of nutrient reference value

Suggested usage

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

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

1905951 – PowerBar Natural Energy Fruit Bar Riegel, Cranberry

Sales description

Fruit bar with magnesium for athletes – Cranberry

Ingredients

Apple preparation* (35%) (apples*, apple juice concentrate*, apple pulp*, starch*), date juice concentrate*, **soy***, cranberry preparation* (15%) (cranberries*, pineapple juice concentrate*, sunflower oil*), **almonds*** (12%), wafer (starch, water, olive oil), magnesium citrate.

*natural ingredient

May contain **gluten, milk, peanuts, hazelnuts.**

Nutritional information	per 100 g		per bar (40g)	
	kJ	kcal	kJ	kcal
Energy	1595	380	638	152
Fat [g]	12		4.7	
of which saturates [g]	1,7		0,7	
Carbohydrates [g]	54		22	
of which sugars [g]	50		20	
Fibre [g]	6.9		2.8	
Protein [g]	10		4.1	
Salt [g]	0.03		0.01	

Vitamins/minerals:	per 100 g	% ¹	per bar (40g)	% ¹
Magnesium [mg]	188	50	75.0	20

¹ per cent of nutrient reference value

Suggested usage

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

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