

PowerBar Harvest – nutritious energy for sport and leisure



Key benefits:

- Balanced combination of the main nutrients with rolled oats, 9 vitamins and minerals
- Contains piece of fruit and chocolate
- Contains less fat than a ordinary muesli bar

Suggested usage:

- 1 bar per day before and during sport



Ingredients (e.g. Cherry):

Glucose syrup, oat flakes (16%), fruit preparation (12%) (cherries, cherry juice from concentrate, apples, apple pure, sugar, fructose syrup, lactose, vegetable fat, gelling agent: pectin, citric acid, flavouring), rice crisps (rice semolina, wheat flour, sugar, malted barley, salt, wheat gluten), crisped rice pieces (pea protein, rice semolina), rice flour, humectant: glycerol, almond puree, grape juice concentrate, pea protein isolate, fructose syrup, oligofructose, calcium carbonate, flavouring, magnesium carbonate, citric acid, vitamins (C, niacin, E, pantothenic acid, B6, riboflavin, thiamin, biotin, B12). Traces: Milk, peanuts, other nuts and soy protein.

Nutrition information:

Nutrition Information:	per 100 g	per bar
Energy kJ (kcal)	1506 (356)	904 (214)
Protein	12 g	7.2 g
Carbohydrate	66.6 g	40 g
of which sugars	29 g	17.4 g
Fat	4.4 g	2.6 g
of which saturates	0.5 g	0.3 g
Fibre	3.1 g	1.9 g
Sodium	0.19 g	0.11 g

Vitamins and minerals:

Vitamins and Minerals:	per 100 g (%RDA*)	per bar (%RDA*)
Vitamin C	40 mg (67%)	24 mg (40%)
Niacin	12.2 mg (68%)	7.32 mg (41%)
Vitamin E	6.8 mg (68%)	4.08 mg (41%)
Pantothenic acid	4 mg (67%)	2.4 mg (40%)
Vitamin B6	1.35 mg (68%)	0.81 mg (41%)
Vitamin B2 / Riboflavin	1.1 mg (68%)	0.66 mg (41%)
Vitamin B1 / Thiamin	0.55 mg (39%)	0.33 mg (23%)
Biotin	0.1 mg (67%)	0.06 mg (40%)
Vitamin B12	0.65 µg (65%)	0.39 µg (39%)
Calcium	230 mg (29%)	138 mg (17%)
Magnesium	85 mg (28%)	51 mg (17%)

*recommended daily allowance

Technical information:

- 60g bar
- Flavours: Cherry, Strawberry, Peanut-Chocolate, Chocolate, Apple

Flavours	SKU	EAN Bar	EAN Box	EAN Case
Cherry	21041206	402967931012-4	402967931120-6	402967990308-1
Strawberry	21041106	402967931011-7	402967931110-7	402967990306-7
Peanut-Chocolate	21040806	402967931016-2	402967931160-2	402967990311-1
Chocolate	21040206	4029679-31014-8	4029679-31140-4	402967990302-9
Apple	21041306	4029679-31013-1	4029679-31130-5	4029679-31313-2

Price:
