

## PowerBar Ride – for long lasting energy and power



### Key benefits:

- Scientifically designed
- With a special carbohydrate mix and energy releasing vitamins and minerals
- Contains a selected protein mix to support muscle recovery

### Suggested usage:

- 1 bar per day during and after sports

### Ingredients (e.g. Peanut-Caramel):

Chocolate flavour coating (sugar, vegetable fat, fat-reduced cocoa powder, protein enriched whey powder, skimmed milk powder, emulsifiers (soya lecithin, polyglycerol polyricinoleate), flavouring: vanillin), caramel paste (glucose-fructose syrup, sugar, vegetable fat, sweetened condensed skimmed milk, butteroil, emulsifier: mono- and diglycerides of fatty acids, gelling agent: carrageenan, salt, flavouring), humectants (maltitol syrup, glycerol), glucose syrup, soya protein crisps (soya protein, tapioca starch, salt), invert sugar syrup, oat fibre, peanut butter (3,8%), lactose, milk protein, soya protein, peanuts (3,6%), peanut flour (3,5%), inulin, maltodextrin, vitamins (C, E, niacin, B6, riboflavin, thiamin, B12), flavouring (with peanuts and sesame), calcium carbonate, salt, magnesium carbonate, emulsifier: soya lecithin. Traces: nuts, lupin.

### Nutrition information:

<b>Nutrition Information:</b>	<b>per 100 g</b>	<b>per bar</b>
Energy kJ (kcal)	1622 (387)	892 (213)
Protein	18,6 g	10,2 g
Carbohydrates	40,9 g	22,5 g
of which sugar	21,7 g	11,9 g
Fat	16,6 g	9,1 g
of which saturates	8,2 g	4,5 g
Fibre	7,4 g	4,1 g
Sodium	0,2 g	0,1 g

### Vitamins and minerals:

<b>Vitamins and minerals:</b>	<b>per 100 g (%RDA*)</b>	<b>per bar (%RDA*)</b>
Vitamin C	109 mg (182%)	60 mg (100%)
Niacin	16,4 mg (91%)	9 mg (50%)
Vitamin E	18,2 mg (182%)	10 mg (100%)
Vitamin B6	1,8 mg (90%)	1 mg (50%)
Vitamin B2 / Riboflavin	1,45 mg (91%)	0,8 mg (50%)
Vitamin B1 / Thiamin	1,3 mg (93%)	0,7 mg (50%)
Vitamin B12	0,91 µg (91%)	0,5 µg (50%)
Calcium	250 mg (31%)	137 mg (17%)
Magnesium	100 mg (33%)	55 mg (18%)

\*recommended daily allowance

### Technical information:

- 55 g bar
- Flavours: Peanut-Caramel, Chocolate-Caramel

<b>Flavour</b>	<b>SKU</b>	<b>EAN bar</b>	<b>EAN Box</b>	<b>EAN Case</b>
Peanut-Caramel	21322126	4029679365018	4029679365117	4029679365513
Chocolate-Caramel	21328026	4029679365025	4029679365124	4029679365520

### Price:

---