

Energy Plus

55% Carbo 12% Protein

Product description

The Energy Plus bar supplies the optimal carbohydrates-protein proportion for the regeneration. The high quality special proteins it contains, such as colostrum, whey protein isolate, protein hydrolysate and L-carnitine are precious factors to promote growth and for the regeneration. Together with the fructo-oligosaccharides, they also strengthen the immune system.



Advantages

- Use of high quality special proteins (colostrum, BCAA, glutamine, L-carnitine)
- Complete spectrum in vitamins and minerals
- Delicious cereal bar with crème stuffing

Use

Appropriate as high quality energy and protein snack before the performance and depending on the intensity and the tolerance, also during the performance. Also suitable as snack in everyday life.



Ingredients

Oat flakes, cereal crisp, fructo-oligosaccharides, milk powder, dextrose, fructose, glucose syrup, dried cranberries, soy kernels, whey protein isolate, coconut flakes, colostrum, minerals, corn flakes, protein hydrolysate with glutamine peptide, sorbitol, puffed rice, hardened vegetable fat, flavours, soy lecithin, vitamins, L-carnitine, citric acid.

May contains traces of nuts and other seeds.

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Flavours / packaging / nutrition facts

Cranberries. Display with 15 bars of 40 g.

nutrition facts	per 100 g		per bar (40 g)	
energie kJ (kcal)	1700 (400)		680 (162)	
proteins	12 g		5 g	
carbohydrates	55 g		22 g	
fat	15 g		6 g	
vitamines	per 100 g	%ETD*	per 40 g	%ETD*
A	500 µg	63%	200 µg	25%
D	1.9 µg	38%	0.75 µg	15%
E	12.5 mg	125%	5 mg	50%
K	0.1 mg	100%	0.04 mg	40%
C	75 mg	125%	30 mg	50%
B1	1.8 mg	125%	0.7 mg	50%
B2	2.0 mg	125%	0.8 mg	50%
niacin	22.5 mg	125%	9 mg	50%
B6	2.5 mg	125%	1 mg	50%
folic acid	500 µg	250%	200 µg	100%
B12	1.3 µg	125%	0.5 µg	50%
biotin	187.5 µg	125%	75 µg	50%
pantothenic acid	7.5 mg	125%	3 mg	50%
minerals	per 100 g	%ETD*	per 40 g	%ETD*
calcium	450 mg	56%	180 mg	23%
magnesium	187.5 mg	63%	75 mg	25%
iodine	100 µg	67%	40 µg	27%
zinc	11.3 mg	75%	4.5 mg	30%
iron	10.5 mg	75%	4.2 mg	30%
manganese	3.5 mg	70%	1.4 mg	28%
copper	950 µg	63%	380 µg	25%
potassium	500 mg	63%	200 mg	25%
molybdate	70 µg	70%	28 µg	28%
selenium	20 µg	40%	8 µg	16%
chrome	20 µg	20%	8 µg	8%
amino acids	per 100 g	%ETD*	per 40 g	%ETD*
L-carnitine	375 mg	--	150 mg	--
L-glutamine	275 mg	--	110 mg	--

* recommended daily intake