

High Energy Bar

65% Carbo 9% Protein

Product description

The ideal high quality competition bar with short, medium and long chain carbohydrates easily available for a progressive energy supply. Betaglucans, with their gel forming characteristics, provide for a balanced blood sugar level. Medium chain vegetable oils (MCT) supply additional energy while the BCAA delay the fatigue.



Advantages

- Very high energy density
- Optimal tolerance
- Product established in high-performance sports.

Use

Appropriate to make energy provisions about 1 h before and depending on the intensity and the tolerance, also during the performance. It is also suitable as snack in everyday life.



Ingredients

Fructose and glucose syrup, maltodextrin, coconut flakes (only flavour banana), invert sugar, oat bran concentrate with betaglucans, cereal crispies, milk protein, minerals, sugar beet protein hydrolysate, flavours, vegetable oil, vitamins. May contain traces of nuts and other seeds.

Flavours / packaging / nutrition facts

Apricot/vanilla, banana. Display with 30 bars of 45 g.

nutrition facts	per 100 g		Per bar (45 g)	
energy kJ (kcal)	1520 (360)		676 (160)	
proteins	9 g		4 g	
carbohydrates	65 g		29 g	
fat (incl. MCT [®])	7 g		3.1 g	
vitamins	per 100 g	%ETD*	per 45 g	%ETD*
E	12 mg	120%	6 mg	60%
C	72 mg	120%	36 mg	60%
B1	1.7 mg	120%	0.8 mg	60%
B2	1.9 mg	120%	1 mg	60%
niacine	21.6 mg	120%	10.8 mg	60%
B6	2.4 mg	120%	1.2 mg	60%
folic acid	240 µg	120%	120 µg	60%
B12	1.2 µg	120%	0.6 µg	60%
biotin	180 µg	120%	90 µg	60%
pantothenic acid	7.2 mg	120%	3.6 mg	60%
minerals	per 100 g	%ETD*	per 45 g	%ETD*
calcium	420 mg	53%	190 mg	24%
iron	8 mg	57%	3.6 mg	26%
magnesium	180 mg	60%	81 mg	27%
zinc	6 mg	40%	2.7 mg	18%

* recommended daily intake