

ENERGIZE ORIGINAL

The original carbohydrate bar since 1986.



FLAVOURS

Banana Punch
Berry

Chocolate
Cookies & Cream

PRODUCT DESCRIPTION

So that you can give your everything in intense training and competition, your energy tanks should not only be replenished before exercise, but during exercise you should also regularly supply your body with carbohydrates. Powerbar developed the world's first carbohydrate bar in 1986. The original Energize bar is a great carbohydrate choice in solid form, yet still easy to chew. It provides you with high-quality carbohydrates in a carbohydrate ratio of 2:1 of glucose and fructose sources and supports the mineral balance with sodium and magnesium.

- > Carbohydrate ratio of 2:1 of glucose and fructose sources
- > With added sodium, the most lost electrolyte in terms of quantity due to perspiration
- > With added magnesium. Magnesium contributes to normal energy-yielding metabolism
- > Free of colours and preservatives (according to law)
- > Suitable for vegetarians
- > Good tolerability

All Powerbar products are included in the Cologne List®, and as a result we can offer athletes even more security and trust.

SUGGESTED USAGE

1-3 bars / day.

Take as required 1 bar with fluid during the last hour before exercise and/or in regular intervals during exercise.

As part of a varied and balanced diet and a healthy lifestyle.

Banana Punch



INGREDIENTS

Fructose-glucose syrup, fruit preparation (13%) [sugar, fructose syrup, banana puree (3%), apple puree from puree concentrate, rice flour, cocoa butter, gelling agent (pectin), acid (citric acid), natural flavouring, acid regulator (tripotassium citrate)], maltodextrin, **OAT** flakes (11%), **MILK** protein, rice crispies (rice flour, sugar, **WHEAT** gluten, sunflower oil, malted **BARLEY** flour, salt), **ALMOND** paste, sodium citrate, rapeseed oil, magnesium carbonate, natural flavouring, salt. May contain: **PEANUTS, HAZELNUTS, CASHEWS, SOY.**

LEGAL DENOMINATION

Carbohydrate bar with oat flakes, fruit preparation, with added sodium and magnesium for athletes. Banana flavour.

NUTRITION INFORMATION	per 100 g	per bar (55 g)
Energy kJ (kcal)	1560 (368)	859 (203)
Fat	4,0 g	2,2 g
of which saturates	0,6 g	0,3 g
Carbohydrate	72 g	39 g
of which sugars	43 g	23 g
Protein	11 g	5,8 g
Salt	0,95 g	0,52 g
Magnesium	138 mg (37%*)	76,1 mg (20%*)
Sodium	380 mg	209 mg

* % Reference intake value

Berry



INGREDIENTS

Fructose-glucose syrup, maltodextrin, **OAT** flakes (11%), **MILK** protein, rice crispies (rice flour, sugar, **WHEAT** gluten, sunflower oil, malted **BARLEY** flour, salt), fruit preparation (7%) [sugar, fructose syrup, apple puree from puree concentrate, strawberry puree (1%), juice from juice concentrate (strawberry (1%), cherry), rice flour, gelling agent (pectin), cocoa butter, acid (citric acid), acid regulator (tripotassium citrate), flavouring], fruit preparation (7%) [sugar, fructose syrup, juice from fruit juice concentrate (raspberry (1%), cherry), raspberry puree (1%), apple puree from puree concentrate, rice flour, gelling agent (pectin), cocoa butter, acid (citric acid), acid regulator (tripotassium citrate), natural flavouring, antioxidants (ascorbic acid)], **ALMOND** paste, sodium citrate, rapeseed oil, beetroot juice concentrate, acid (citric acid), magnesium carbonate, natural flavourings, salt. May contain: **PEANUTS, HAZELNUTS, CASHEWS, SOY.**

LEGAL DENOMINATION

Carbohydrate bar with oat flakes, fruit preparation, with added sodium and magnesium for athletes. Berry flavour.

NUTRITION INFORMATION	per 100 g	per bar (55 g)
Energy kJ (kcal)	1533 (362)	842 (199)
Fat	3,7 g	2,0 g
of which saturates	0,7 g	0,4 g
Carbohydrate	71 g	39 g
of which sugars	44 g	24 g
Protein	11 g	5,8 g
Salt	0,88 g	0,48 g
Magnesium	137 mg (37%*)	75,6 mg (20%*)
Sodium	350 mg	193 mg

* % Reference intake value

Chocolate



INGREDIENTS

Fructose-glucose syrup, rice crispies (rice flour, sugar, **WHEAT** gluten, sunflower oil, malted **BARLEY** flour, salt), rice flour, **MILK** protein, **OAT** bran (8%), maltodextrin, fat-reduced cocoa powder (4%), **OAT** flakes (4%), **ALMOND** paste, cocoa mass (2%), flavouring, sodium citrate, fructose, humectant (glycerol), salt, magnesium carbonate. May contain: **PEANUTS, HAZELNUTS, CASHEWS, SOY.**

LEGAL DENOMINATION

Carbohydrate bar with oat bran, with added sodium and magnesium for athletes. Chocolate flavour.

NUTRITION INFORMATION	per 100 g	per bar (55 g)
Energy kJ (kcal)	1539 (364)	849 (201)
Fat	4,3 g	2,4 g
of which saturates	1,3 g	0,7 g
Carbohydrate	66 g	36 g
of which sugars	38 g	21 g
Protein	13 g	7,4 g
Salt	1,1 g	0,58 g
Magnesium	135 mg (36%*)	74,0 mg (20%*)
Sodium	420 mg	231 mg

* % Reference intake value

Cookies & Cream



INGREDIENTS

Fructose-glucose syrup, **OAT** bran (15%), rice flour, **MILK** protein, rice crispies (rice flour, sugar, **WHEAT** gluten, sunflower oil, malted **BARLEY** flour, salt), maltodextrin, **SOY** crispies (3%) (**SOY** protein isolate, fat reduced cocoa powder, starch), **ALMOND** paste, **OAT** flakes (3%), humectant (glycerol), sodium citrate, fructose, flavouring, salt, magnesium carbonate. May contain: **PEANUTS, HAZELNUTS, CASHEWS.**

LEGAL DENOMINATION

Carbohydrate bar with oat bran, with added sodium and magnesium for athletes. Cookies & cream flavour.

NUTRITION INFORMATION	per 100 g	per bar (55 g)
Energy kJ (kcal)	1597 (378)	878 (208)
Fat	4,3 g	2,4 g
of which saturates	1,0 g	0,6 g
Carbohydrate	67 g	37 g
of which sugars	38 g	21 g
Protein	16 g	8,8 g
Salt	0,98 g	0,54 g
Magnesium	131 mg (35%*)	72,0 mg (19%*)
Sodium	390 mg	215 mg

* % Reference intake value

TECHNICAL INFORMATION

55 g bar

Flavour	VC	SKU	EAN bar	EAN box	EAN case
Banana Punch	VC02	21014001	4029679679382	4029679677968	4029679677975
Berry	VC02	21012001	4029679679399	4029679677982	4029679677999
Chocolate	VC02	21011001	4029679677760	4029679677944	4029679677951
Cookies & Cream	VC02	21013001	4029679679405	4029679678002	4029679678019

15 bars per box

Store in a cool, dry place.

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