

ENERGY & ENDURANCE

# HIGH ENERGY BAR

68% CARBO 8% PROTEIN

BERRY

PREPARE BEFORE DURING AFTER

## QUICK INFO

- SANS LACTOSE
- SANS GLUTEN
- SANS ACIDE
- SANS EDULCORANTS
- SANS COLORANTS
- SANS CONSERVATEURS



## PRODUCT DESCRIPTION

The ideal high quality cereal bars with short, medium and long chain carbohydrates for a progressive energy supply as well as oatmeal rich in betaglacans. Medium chain vegetable oils (MCT) supply additional energy.

## ADVANTAGES

- **Very high energy density**
- **Established product in high-performance sports**

## UTILISATION

For energy provisions take about 1 hour before and, depending on the intensity and the tolerance, also during the performance. It is also suitable as snack in everyday life.

## INGREDIENTS

Fructose-glucose syrup, glucose syrup, rice crisp (rice, **wheat** malt, glucose, sugar, salt), **oat** bran 15% (AT, FI, DE, SE), maltodextrin, coconut and rapeseed oil 5.9% (MCT<sup>1</sup>), **oat** flakes 4.4% (FI, DE, SE), **milk** protein (contains **lactose**), colouring black carrot concentrate, sugared cranberries 1.5%, dried blueberries 0.7%, flavour, lemon juice concentrate. May contain traces of **soya** and **nuts**.

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PAGE 2

## FLAVOURS/PACKAGING

Apricot-Vanilla	Display 30 x 45 g
Berry	Display 30 x 45 g
Banana	Display 30 x 45 g
Salty	Display 30 x 45 g

## NUTRITION FACTS

Nährwerte/valeurs nutritives/nutrition facts	100 g	1 Riegel/ bar(re)
Energie/energy kJ (kcal)	1595 (378)	723 (171)
Fett/lipides/fat	7.6 g	3.4 g
davon gesättigte Fettsäuren/of which saturates (incl. MCT <sup>1</sup> )	6.2 g	2.8 g
Kohlenhydrate/glucides/carbohydrates	68 g	31 g
davon Zuckerarten/of which sugars	26 g	12 g
Ballaststoffe/fibres alimentaires/fibres	3.2 g	1.5 g
Eiweiss/protéines/protein	8.0 g	3.6 g
Salz/sel/salt	0.28 g	0.13 g

per 100 g (45 g): Natrium/sodium 112 mg (50 mg), MCT<sup>1</sup> 5.9 g (2.7 g)

<sup>1</sup>MCT: mittelkettige Fettsäuren/acides gras à chaîne moyenne/medium-chain fatty acids

Performance high energy bar with oat bran betaglucans and MCT. Berry flavoured.

Developped in Switzerland. Carefully produced in the Netherlands for:

Sponser Sport Food AG  
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Sponser Europe GmbH  
D-88131 Lindau  
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