

ENERGIZE with C2MAX Dual Source Carb Mix and minerals



Key benefits long description:

As a competitive athlete you constantly set yourself ambitious goals and don't accept any compromises on the journey to reach them. Energy supply, along with hydration and recovery, is key to reaching your potential. For successful intense training or competition you should top up your energy levels before you start and refuel during sport with up to 90g carbohydrates per hour depending on the intensity and duration. ENERGIZE bars are a great choice before and during sport to deliver a scientifically developed combination of different carbohydrate sources.

- C2MAX Dual Source Carb Mix contain a special ratio of glucose and fructose sources
- Sodium, the main electrolyte lost through sweat
- Magnesium to support energy metabolism
- Coconut flavour contains 33mg caffeine per serve
- No artificial colours and *preservatives (*by law)

Key benefits short description:

As a competitive athlete you constantly set yourself ambitious goals. Energy supply is key to reaching your potential. ENERGIZE bars are a great choice before and during sport to deliver a scientifically developed combination of different carbohydrate sources.

- C2MAX Dual Source Carb Mix
- With sodium
- Magnesium to support energy metabolism
- No artificial colours and *preservatives (*by law)

8 great tasting flavours of PowerBar ENERGIZE:

- FOUR fruit flavours with great tasting fruit preparation
 - Berry
 - Mango Passion Fruit
 - Banana Punch
 - Cherry Cranberry Twister

- FOUR classic flavours
 - Vanilla
 - Chocolate
 - Coconut (+ caffeine)
 - Cookies & Cream

Suggested usage:

- Consume 1 bar within 60 minutes before sport and / or
- Consume up to 90g carbohydrates per hour during sport depending on the intensity and duration. 1 PowerBar ENERGIZE delivers about 38g carbohydrates.

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

Technical information:

- 55g bar
- 25 bars per box
- 9 boxes per case

Flavour	SKU	EAN code bar	EAN code box	EAN code case
Berry	21442443	4029679380011	4029679380110	4029679901117
Mango Passion Fruit	21443142	4029679380028	4029679380127	4029679901124
Banana Punch	21440542	4029679380035	4029679380134	4029679381131
Cherry Cranberry Twister	21441242	4029679380042	4029679380141	4029679381148
Chocolate	21440242	4029679320017	4029679322103	4029679907065
Vanilla	21440942	4029679320031	4029679322301	4029679907041
Coconut (+ caffeine)	21444142	4029679320048	4029679322400	4029679907034
Cookies & Cream	21447442	4029679320055	4029679322509	4029679907058

**This information is presented for illustrative purposes only.
Any specifications and values on the actual product packaging will
always take precedence over any factsheet guidelines.**



Ingredients Cherry Cranberry Twister:

Fructose-glucose syrup, maltodextrin, oat flakes (11%), milk protein, rice crisps (rice semolina, sugar, wheat gluten, vegetable fat, malted barley flour, salt), fruit preparation (6,6%) (sugar, fruit puree (cherry (13%*), apple), fructose syrup, cherry juice from concentrate, lactose, apple, gelling agent pectin, flavouring, vegetable fat, citric acid), cranberry preparation (6,6%) (sugar, cranberries (39,6%**), vegetable oil), ground almonds, sodium citrate, vegetable oil, magnesium carbonate, citric acid, beetroot juice concentrate, flavouring, salt. May contain traces of other nuts, peanuts and soy. *relating to the fruit preparation/ **cranberry preparation

Nutrition information:

Nutrition information:	per 100g	per bar
Energy kJ (kcal)	1536 (363)	844 (199)
Protein	10,8 g	5,9 g
Carbohydrate	71 g	39,1 g
of which sugars	42,0 g	23,1 g
Fat	3,5 g	1,9 g
of which saturates	0,6 g	0,3 g
Fibre	2,0 g	1,1 g
Sodium	0,38 g	0,21 g
Magnesium	137 mg (37%RDA*)	75,6 mg (20%RDA*)

* % Recommended Daily Allowance



Ingredients Banana Punch:

Fructose-glucose syrup, fruit preparation (13,2%) (fruit purees (banana (19%*), apple), sugar, fructose syrup, lactose, vegetable fat, gelling agent (pectin), flavouring, citric acid), maltodextrin, oat flakes (11%), milk protein, rice crisps (rice semolina, sugar, wheat gluten, vegetable fat, malted barley flour, salt), ground almonds, sodium citrate, vegetable oil, magnesium carbonate, flavouring, salt. May contain traces of other nuts, peanuts and soy. *relating to the fruit preparation

Nutrition information:

Nutrition information:	per 100g	per bar
Energy kJ (kcal)	1560 (368)	859 (203)
Protein	10,5 g	5,8 g
Carbohydrate	71,6 g	39,4 g
of which sugars	42,5 g	23,4 g
Fat	4,0 g	2,2 g
of which saturates	0,6 g	0,3 g
Fibre	2,0 g	1,1 g
Sodium	0,38 g	0,21 g
Magnesium	138,4 mg (37%RDA*)	76,1 mg (20%RDA*)

* % Recommended Daily Allowance



Ingredients Berry:

Fructose-glucose syrup, fruit preparation (13,2%) (sugar, juices from concentrate: raspberry, cherry, strawberry; fructose syrup, **lactose**, apple puree, raspberry (8%*), strawberry (5%*), apple, gelling agent: (pectin), palm oil, antioxidant: (ascorbic acid), citric acid (acidifier), flavouring), maltodextrin, **oat** flakes (11%), **milk** protein, rice crisps (rice semolina, sugar, **wheat** gluten, palm fat, malted **barley** flour, salt), ground **almonds**, sodium citrate, rapeseed oil, beetroot juice concentrate, acidifier (citric acid), magnesium carbonate, flavourings, salt. May contain traces of other **nuts**, **peanuts** and **soy**.
 *relating to the fruit preparation.

Nutrition information Berry:

Nutrition information:	per 100g	per bar
Energy kJ (kcal)	1533 (362)	842 (199)
Fat	3,7 g	2,0 g
of which saturates	0,7 g	0,4 g
Carbohydrate	70,9 g	39,0 g
of which sugars	44,0 g	24,2 g
Fibre	1,5 g	0,8 g
Protein	10,5 g	5,8 g
Salt	0,88 g	0,48 g
Magnesium	137,4 mg (37% *)	75,60 mg (20% *)

* % Nutrient Reference Value



Ingredients Mango Passion Fruit:

Fructose-glucose syrup, fruit preparation (13,9%) (juices from concentrate: pineapple, carrot; sugar, fructose syrup, lactose, apple, apple puree, vegetable fat, gelling agent: pectin, citric acid, flavouring), maltodextrin, oat flakes (11%), milk protein, rice crisps (rice semolina, sugar, wheat gluten, vegetable fat, malted barley flour, salt), ground almonds, sodium citrate, acidifier (citric acid), vegetable oil, magnesium carbonate, flavourings, salt. May contain traces of other nuts, peanuts and soy.

Nutrition information:

Nutrition information:	per 100g	per bar
Energy kJ (kcal)	1543 (364)	847 (200)
Protein	10,0 g	5,5 g
Carbohydrate	71,9 g	39,6 g
of which sugars	45,0 g	24,8 g
Fat	3,7 g	2,0 g
of which saturates	0,6 g	0,3 g
Fibre	1,5 g	0,8 g
Sodium	0,35 g	0,19 g
Magnesium	136,4 mg (36%RDA*)	75 mg (20%RDA*)

* % Recommended Daily Allowance



Ingredients Vanilla:

Fructose-glucose syrup, oat bran (14,6%), rice crisps (rice semolina, sugar, wheat gluten, vegetable fat, malted barley flour, salt), rice flour, milk protein, maltodextrin, ground almonds, oat flakes (3,9%), humectant (glycerol), sodium citrate, fructose, flavouring, magnesium carbonate, salt. May contain traces of other nuts, peanuts and soy.

Nutrition information:

Nutrition information:	per 100g	per bar
Energy kJ (kcal)	1550 (366)	854 (202)
Protein	12,9 g	7,1 g
Carbohydrate	67,2 g	37,0 g
of which sugars	38,0 g	20,9 g
Fat	4,3 g	2,4 g
of which saturates	< 1,0 g	< 0,6 g
Fibre	3,4 g	1,9 g
Sodium	0,42 g	0,23 g
Magnesium	131,6 mg (35%RDA*)	72,3 mg (19%RDA*)

* % Recommended Daily Allowance



Ingredients Chocolate:

Fructose-glucose syrup, rice crisps (rice semolina, sugar, wheat gluten, vegetable fat, malted barley flour, salt), rice flour, milk protein, oat bran (7,6%), maltodextrin, fat reduced cocoa powder (4,0%), oat flakes (3,9%), ground almonds, cocoa mass (2,0%), flavouring, sodium citrate, fructose, humectant (glycerol), salt, magnesium carbonate. May contain traces of other nuts, peanuts and soy.

Nutrition information:

Nutrition information:	per 100g	per bar
Energy kJ (kcal)	1539 (364)	849 (201)
Protein	13,4 g	7,4 g
Carbohydrate	66,0 g	36,3 g
of which sugars	38,0 g	20,9 g
Fat	4,3 g	2,4 g
of which saturates	1,3 g	0,7 g
Fibre	3,8 g	2,1 g
Sodium	0,42 g	0,23 g
Magnesium	134,6 mg (36%RDA*)	74mg (20%RDA*)

* % Recommended Daily Allowance



Ingredients Coconut:

Fructose-glucose syrup, oat bran (14,6%), rice crisps (rice semolina, sugar, wheat gluten, vegetable fat, malted barley flour, salt), rice flour, milk protein, maltodextrin, ground almonds, oat flakes (3,9%), humectant (glycerol), sodium citrate, guarana extract (0,7%), fructose, flavouring, magnesium carbonate, salt. May contain traces of other nuts, peanuts and soy.

Nutrition information:

Nutrition information:	per 100g	per bar
Energy kJ (kcal)	1548 (366)	852 (201)
Protein	13,4 g	7,3 g
Carbohydrate	66,7 g	36,7 g
of which sugars	36,0 g	19,8 g
Fat	4,3 g	2,4 g
of which saturates	< 1,0 g	< 0,6 g
Fibre	3,4 g	1,9 g
Sodium	0,42 g	0,23 g
Magnesium	135,3 mg (36%RDA*)	74 mg (20%RDA*)
Caffeine	60 mg	33 mg

* % Recommended Daily Allowance



Ingredients Cookies & Cream:

Fructose-glucose syrup, oat bran (14,6%), rice flour, milk protein, rice crisps (rice semolina, sugar, wheat gluten, vegetable fat, malted barley flour, salt), maltodextrin, cocoa biscuits (5,0%) (wheat flour, vegetable fat, sugar, brown sugar, fat reduced cocoa powder, glucose syrup, skimmed milk powder, barley syrup, raising agent: sodium bicarbonate, salt, malt extract (from barley), flavouring, acidifier: tartaric acid, ground almonds, oat flakes (2,9%), humectant: glycerol, sodium citrate, fructose, flavouring, magnesium carbonate, salt. May contain traces of other nuts, peanuts and soy.

Nutrition information:

Nutrition information:	per 100g	per bar
Energy kJ (kcal)	1548 (366)	854 (202)
Protein	12,9 g	7,1 g
Carbohydrate	67,2 g	37,0 g
of which sugars	38,0 g	20,9 g
Fat	4,3 g	2,4 g
of which saturates	1,0 g	0,6 g
Fibre	3,4 g	1,9 g
Sodium	0,39 g	0,22 g
Magnesium	131 mg (35%RDA*)	71,9 mg (19%RDA*)

* % Recommended Daily Allowance