

## RIDE great tasting sports bar with added magnesium



### Key benefits long description:

When you are out there for longer than planned or have a training session later in the day, you want to top up your energy with tasty products that also suit your sports nutrition needs. RIDE combines the great taste of peanuts, caramel and cocoa with the function of a sports bar.

- Combination of carbohydrates and high quality proteins
- With magnesium to support energy metabolism
- No artificial colours and \*preservatives (\*by law)

### Key benefits short description:

When you are out there for longer than planned or have a training session later in the day, you want to top up your energy needs with tasty products.

- Combination of carbohydrates and high quality proteins
- With magnesium to support energy metabolism
- No artificial colours and \*preservatives (\*by law)

### 2 great tasting flavours of PowerBar RIDE:

- Peanut-Caramel
- Chocolate-Caramel

### Suggested usage:

- Consume 1 bar within 60 minutes before sport and / or
- During sport, consume up to 90g carbohydrates per hour depending on intensity and duration. 1 PowerBar RIDE delivers about 25g carbohydrates
- As part of a varied and balanced diet and a healthy lifestyle. Excessive consumption may induce laxative effects.

### **Technical information:**

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

<b>Flavour</b>	<b>SKU</b>	<b>EAN code bar</b>	<b>EAN code box</b>	<b>EAN code case (9 boxes)</b>
Peanut-Caramel	21382142	4029679365018	4029679365216	4029679906020
Chocolate-Caramel	21388042	4029679365025	4029679365223	4029679906013

**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 Peanut-Caramel

Compound coating (20%) (sugar, palm and shea fat, fat-reduced cocoa powder, skimmed **milk** powder, protein enriched **whey** powder, emulsifiers (**soya** lecithin, polyglycerol polyricinoleate)), caramel paste (15%) (glucose fructose syrup, sugar, palm fat, sweetened condensed skimmed **milk**, **butterfat**, emulsifier (mono- and diglycerides of fatty acids), gelling agent (carrageenan), caramelised sugar syrup, salt), humectants (maltitol syrup, glycerol), glucose syrup, **soy** crisps (**soy** protein, starch, salt), invert sugar syrup, **oat** fibre, **peanut** butter (3,7%), **whey** protein, **milk** protein, **soya** protein, **peanuts** (3,6%), **peanut** flour (3,5%), inulin, maltodextrin, magnesium carbonate, salt, emulsifier (**soya** lecithin). May contain traces of **nuts**.

### Nutrition information:

Nutrition Information	per 100g	per bar
Energy kJ (kcal)	1680 (401)	924 (221)
Fat	15,5 g	8,5 g
of which saturates	6,5 g	3,6 g
Carbohydrate	46,4 g	25,5 g
of which sugars	27,5 g	15,1 g
Fibre	8,0 g	4,4 g
Protein	19,0 g	10,5 g
Salt	0,6 g	0,3 g
Magnesium	170 mg (45% *)	94 mg (25% *)

\*% Nutrient Reference Value



### Ingredients Chocolate-Caramel

Chocolate flavoured coating (20%) (sugar, palm and shea fat, fat-reduced cocoa powder, skimmed **milk** powder, protein enriched **whey** powder, emulsifiers (**soya** lecithin, polyglycerol polyricinoleate)), caramel paste (15%) (glucose fructose syrup, sugar, palm fat, sweetened condensed skimmed **milk**, **butterfat**, emulsifier (mono- and diglycerides of fatty acids), gelling agent (carrageenan), caramelised sugar syrup, salt), humectants (maltitol syrup, glycerol), glucose syrup, **soy** crisps (**soy** protein, starch, salt), invert sugar syrup, **whey** protein, **milk** protein, **soya** protein, **peanuts** (3,6%), **oat** fibre, **almond** butter, inulin, fat-reduced cocoa powder (2,4%), maltodextrin, flavouring, magnesium carbonate, salt, emulsifier (**soya** lecithin). May contain traces of **other nuts**.

### Nutrition information:

Nutrition Information	per 100g	per bar
Energy kJ (kcal)	1649 (394)	907 (217)
Fat	15,0 g	8,3 g
of which saturates	7,0 g	3,9 g
Carbohydrate	45,4 g	25,0 g
of which sugars	27,5 g	15,1 g
Fibre	8,0 g	4,4 g
Protein	19,5 g	10,7 g
Salt	0,6 g	0,3 g
Magnesium	170 mg (45%*)	94 mg (25%*)

\*% Nutrient Reference Value