

# ENERGY

## ENERGY BAR



HUNGER DURING TRAINING OR COMPETITION



**FLAVOURS:**  
**PINEAPPLE AND COCONUT**  
**PEAR AND CHOCOLATE**

### RECOMMENDED FOR

#### SUITABLE FOR ALL SPORTS

- Hunger during training or competition
- Pre-race energy store
- Useful for those who practice endurance activity
- Useful for those who train hard
- Suitable as mid-morning snack

- SUSTAINABLE AND TIME-BASED ENERGY
- HIGH ENERGY CONTENT
- EXCELLENT TASTE AND HIGHLY DIGESTIBLE
- SOFT AND PALATABLE
- GLUTEN FREE AND PALM OIL FREE



PACKAGING: 25 BARS, 35g EACH

### FEATURES

The bars of the ENERGY line are designed for those who practice physical activity. The New ENERGY pear and chocolate is an energy food with carbohydrates with modulated absorption, also thanks to the presence of almond paste. It also contains rice crispies, oatmeal and dried fruit, all gluten-free. The particular formulation provides energy quickly, but the special mix generates a prolonged release. This bar is particularly suitable for endurance sports but perfectly meets the needs of all sports. It is prepared without added preservatives and artificial dyes, is extremely digestible and easily chewable. The new ENERGY peach-apricot has a fruity and balanced taste, retains its consistency even in extreme climatic conditions.

### HOW TO USE AND RECOMMENDED DAILY DOSE

**BEFORE** At least 60-90 minutes before starting an intense activity, with a little water.  
**DURING** Long races: take it every 1.5 - 2 hrs with a little water. Medium-length races: take it at half of the race with a little water.

### ADVICE

Each person have their own different absorption times and energy needs, according to their metabolism and level of training. Therefore, for optimal effectiveness during competitions, it is recommended to take ENERGY BAR first during training sessions.

### INGREDIENTS PINEAPPLE AND COCONUT

Almond paste (sugar, almonds, water, humidifier: sorbitol, invert sugar syrup, glucose syrup, humidifier: invertase), glucose syrup, rice crispies (rice flour, sugar, sunflower seed oil, salt), gluten-free oat flakes, pineapple paste (pineapple 55%, sugar, glucose syrup, acidifier: citric acid, natural flavourings, stabiliser: pectin) (5%), dehydrated pineapple (cane sugar, pineapple 35%, citric acid, preservative: sulfur dioxide) (4%), rice flour, maltodextrin, coconut (3%), dextrin, cocoa butter, host (potato starch, water, sunflower oil), dextrose, flavouring. *May contain traces of other nuts, peanuts, milk, egg and soy.*

### INGREDIENTS PEAR AND CHOCOLATE

Almond paste (sugar, almonds 36%, water, humidifier: sorbitol, invert sugar syrup, glucose syrup, humidifier: invertase), glucose syrup, rice crispies (rice flour, sugar, sunflower oil, salt), dried pear (pear 51,6%, sugar, acidity regulator: citric acid, flavouring, preservative: sodium metabisulphite) (9%), gluten-free oat flakes, flour rice, maltodextrin, cocoa butter, dextrose, dextrin, chocolate paste (cocoa 61%, seed oil Of sunflower, emulsifying soya lecithin, flavourings) (1%), host (potato starch, water, seed oil sunflower), natural aroma. *May contain traces of other nuts, peanuts, milk and eggs.*

### WHEN TO USE ENERGY BAR



Warnings: Store in a cool dry place away from sunlight and other direct sources of heat. The expiration date applies to the product in its intact container when stored as directed

### NUTRITIONAL INFORMATION (PINEAPPLE AND COCONUT)

	Per 100 g	Per bar (35 g)
<b>Energy</b>		
kcal	405	142
kJ	1706	597
<b>Typical Values</b>		
Fat	12 g	4.2 g
of which saturates	3.5 g	1.2 g
Carbohydrate	68 g	24 g
of which sugars	42 g	15 g
Fiber	3.5 g	1.2 g
Protein	4.6 g	1.6 g
Salt	0.11 g	0.04 g

### NUTRITIONAL INFORMATION (PEAR AND CHOCOLATE)

	Per 100 g	Per bar (35 g)
<b>Energy</b>		
kcal	396	139
kJ	1669	584
<b>Typical Values</b>		
Fat	9.9 g	3.5 g
of which saturates	1.9 g	0.7 g
Carbohydrate	71 g	25 g
of which sugars	45 g	16 g
Fiber	2.8 g	1.0 g
Protein	4.3 g	1.5 g
Salt	0.13 g	0.05 g