

MINI ENERGY FIGS AND DATES LINEA TECNICA®

FRUIT-BASED MINI ENERGY BAR SUITABLE FOR ATHLETES



HUNGER DURING TRAINING OR COMPETITION



- GLUTEN FREE
- EXCELLENT DIGESTIBILITY
- NATURAL AND PLEASANT FLAVOUR
- SOFT AND EASY TO CHEW
- 75 KCAL WITH SEQUENTIAL RELEASE, IN JUST 20 G

PACKAGING: 49 BARS, 20 g EACH

FLAVOUR: FIGS AND DATES

RECOMMENDED FOR

- Energy supply for all occasions
- Quick energy food during sport
- Suitable also for very young people

WHEN TO USE MINI ENERGY FIGS AND DATES



Warnings: store in a cool and dry place. The expiration date applies to the product in its intact container when stored as directed.

FEATURES

MINI ENERGY FIGS and DATES is an energy bar completely made of dehydrated fruits, and is excellent to provide a quick and long-lasting energy supply before and during training. MINI ENERGY FIGS and DATES has a great taste, is easy to chew and maintains its features unaltered even in critical situations. MINI ENERGY FIGS and DATES' small dimensions and perfect digestibility are two fundamental features of this product. MINI ENERGY is a completely GLUTEN FREE product line.

HOW TO USE AND RECOMMENDED DAILY DOSE

BEFORE

Take it about 45-60 minutes before starting an intense activity, preferably with a little water.

DURING

Long races: take it every hour with a little water.
Medium races: take it before getting halfway through the race, with a little water.

INGREDIENTS

Fig paste (Ficus carica) (46.5%), Date paste (Phoenix dactylifera) (46.5%), Sunflower oil, Citric acid (acidity regulator), Aromas. It may contain traces of milk, eggs, soy, nuts, peanuts and sesame seeds, sulphite.

NUTRITIONAL INFORMATION

	Per bar (20g)	Per 100 g
Energy		
kcal	71.2	360.4
kJ	303.9	1519.6
Typical Values		
Fat	1.5 g	7.3 g
of which saturates	0.6 g	3.3 g
Carbohydrate	13.6 g	67.9 g
of which sugars	12 g	60 g
Fiber	1.1 g	5.5 g
Protein	0.6 g	2.9 g
Salt (Nax2.5)	11.2 mg	55.8 mg