

HIGH PROTEIN VANILLA - STRAWBERRY

LINEA POTENZA - HIGH PROTEIN BAR



HIGH PROTEIN BAR



- 34% MILK PROTEIN
- EXCELLENT TASTE
- OPTIMAL DIGESTIBILITY
- COLLAGEN FREE
- HYDROGENATED FAT FREE
- WITH SUNFLOWER OIL
- WITH ISOMALTULOSE

PACKAGING: 18 BARS, 55 g EACH

FLAVOUR: VANILLA-STRAWBERRY

INFORMATION

A good training strategy requires muscles to be properly nourished after intense training sessions. An adequate protein supply allows for the reconstruction of the lean mass potentially damaged during intense exercise, that is, it avoids the process of muscle catabolism. One of the most complex problems to deal with is that of keeping in good shape juggling work and family life. It is important to know that choosing the correct nutrition strategy enables to do sport activities with much more energy, and provides the right nutrients to regenerate muscle tissue.

FEATURES

High Protein (Vanilla-Strawberry) bar is a high protein food with an excellent taste and optimal digestibility. It does not contain collagen and hydrogenated fats, but is made with selected oils, such as sunflower oil. It contains 34% milk protein. Isomaltulose reduces the glycemic index and the calories of this product.

INDICATIONS

HIGH PROTEIN (Vanilla-Strawberry) bar is designed for those who train hard. The proteins contained in the product contribute to the maintenance of muscle mass. HIGH PROTEIN (Vanilla-Strawberry) bar is also an excellent solution for a quick, digestible snack before training or to nourish muscles after exercise.

HOW TO USE AND RECOMMENDED DAILY DOSE

1 bar per day, with some water, preferably after muscular exertion, or at least 1-2 hrs before exercise.

INGREDIENTS

Milk protein, white chocolate 20% [sugar, cocoa butter, whole milk powder, emulsifier (soy lecithin)], hydrolysed wheat gluten, glucose syrup, sugar, humectant (glycerol), sunflower oil, isomaltulose*, flavours (contains milk), skimmed yoghurt powder (contains milk), emulsifier (soy lecithin), strawberry 0.2%, acidulant (citric acid), vanilla 0.04%, colouring agent (carmine). * isomaltulose is a source of glucose and fructose.

RECOMMENDED FOR

EVERYBODY

- Excellent pre-exercise and post-exercise food
- Protein food useful to keep in good shape
- Suitable as mid-morning snack
- Useful for those who train hard

ALL SPORTS REQUIRING AN INTENSE MUSCLE EXERTION

WHEN TO USE HIGH PROTEIN BAR



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

NUTRITIONAL INFORMATION

	Per 100 g	Per bar (55 g)
Energy		
kcal	386	212
kJ	1628	895
Typical Values		
Fat	11.2 g	6.2 g
of which saturates	5.3 g	2.9 g
Carbohydrate	39.5 g	21.7 g
of which sugars	30 g	16.5 g
Fiber	0.1 g	0 g
Protein	34 g	18.7 g
Salt (Nax2.5)	0.2 g	0.11 g

PROTEINS CONTRIBUTE TO THE GROWTH AND MAINTENANCE OF MUSCLE MASS