

ENERGY APPLE - GRAPEFRUIT

ENERGY BAR



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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

TASTE: APPLE AND GRAPEFRUIT

- SUSTAINED AND DISTRIBUTED ENERGY
- HIGH ENERGY CONTENT (138 KCAL)
- GREAT-TASTING AND HIGHLY DIGESTIBLE
- SOFT AND PALATABLE
- GLUTEN AND PALM OIL FREE

CARATTERISTICHE

The bars of the ENERGY line are designed for those who practice physical activity. The New ENERGY apple-grapefruit is an energy food with modulated absorption carbohydrates, 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 apple-grapefruit has a fruity and balanced taste, retains its consistency even in extreme climatic conditions.

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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.

INGREDIENTI

Almond paste (sugar, almonds (36%), 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, fruit paste 6% (sugar, apple powder, apple juice, apple puree, fructose, glucose syrup, water, lemon juice, concentrated grapefruit juice, flavourings, acidity regulator: citric acid, sodium citrate; antioxidant: ascorbic acid, thickeners: agar-agar, pectin, xanthan gum, carrageenan; colouring matters: anthocyanins), sultanas (sultanas, sunflower seed oil), rice flour, maltodextrin, dextrose, fructose, dehydrated apple 2%, cocoa butter, dex-trans, wafer (potato starch, water, sunflower seed oil), flavourings, acidifiers: citric acid and L-malic acid, colour: chlorophyll. *May contain traces of other nuts, milk, egg and soy*

SUGGERIMENTO

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 LONG RACES APPLE-GRAPEFRUIT first during training sessions.

PACKAGING: 25 BARS, 35 G EACH

WHEN TO USE ENERGY APPLE-GRAPEFRUIT



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

	Per 100 g	Per bar (35 g)
Energy		
kcal	392	137
kJ	1651	578
Typical Values		
Fat	10 g	3.5 g
of which saturates	1.7 g	0.6 g
Carbohydrate	70 g	25 g
of which sugars	47 g	16 g
Fiber	1.4 g	0.5 g
Protein	4.4 g	1.6 g
Salt (Na x 2.5)	0.04 g	0.01 g