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

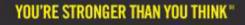
| Flavour | SKU | EAN code bar | EAN code box | EAN code case (9 boxes) |
|-------------------|----------|---------------|---------------|----------------------------|
| Peanut-Caramel | 21382142 | 4029679365018 | 4029679365216 | 4029679906020 |
| Chocolate-Caramel | 21388042 | 4029679365025 | 4029679365223 | 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.

PowerBar RIDE

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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**, **butter**fat, 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 |
|-----------------------|----------------|---------------|
| | (101) | 004 (004) |
| 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% *) |

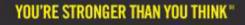
*% Nutrient Reference Value

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PowerBar





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**, **butter**fat, 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

PowerBar RIDE

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