

# POWERBAR ENERGIZE ORIGINAL

The original carbohydrate bar since 1986.



## FLAVOURS

- Berry
- Banana Punch
- Chocolate
- Cookies & Cream



## PRODUCT DESCRIPTION

So that you can give your everything in intense training and competition, your energy tanks should not only be replenished before exercise, but during exercise you should also regularly supply your body with carbohydrates.

PowerBar developed the world's first carbohydrate bar in 1986. The original Energize bar is a great carbohydrate choice in solid form, yet still easy to chew. With C2MAX it provides a scientifically developed carbohydrate mix with a 2:1 ratio of glucose and fructose sources, as well as sodium and magnesium to support your mineral balance.

- ✓ **Trusted functionality with C2MAX Dual Source Carb Mix**
- ✓ **With added sodium, the most lost electrolyte in terms of quantity due to perspiration**
- ✓ **With added magnesium. Magnesium contributes to normal energy-yielding metabolism**
- ✓ **Free of colours and preservatives (according to law)**
- ✓ **Suitable for vegetarians**
- ✓ **Good tolerability**

All PowerBar products are included in the Cologne List®, and as a result we can offer athletes even more security and trust.



## SUGGESTED USAGE

1 - 4 bars/ day.

Take as required 1 bar with fluid during the last hour before exercise and/or in regular intervals during exercise. As part of a varied and balanced diet and a healthy lifestyle.



# POWERBAR ENERGIZE ORIGINAL

## Berry



### INGREDIENTS

Fructose-glucose syrup, fruit preparation (13%) [sugar, juice from concentrate: raspberry, cherry, strawberry; fructose syrup, **lactose**, apple puree, raspberry (8%\*), strawberry (5%\*), apple, gelling agent (pectin), palm fat, antioxidant (ascorbic acid), acid (citric acid), flavouring], maltodextrin, **oat** flakes (11%), **milk** protein, rice crisps (rice semolina, sugar, **wheat** gluten, palm fat, malted **barley** flour, salt), **almond** paste, sodium citrate, rapeseed oil, beetroot juice concentrate, acid (citric acid), magnesium carbonate, flavourings, salt.

\*relating to the fruit preparation.

May contain: **peanuts, hazelnuts, soy.**

### LEGAL DENOMINATION

Carbohydrate bar with oat flakes, fruit preparation, sodium and magnesium for athletes

–  
Berry flavour

### NUTRITION INFORMATION

Nutrition Information	per 100 g	per bar (55 g)
Energy kJ (kcal)	1533 (362)	842 (199)
Fat	3,7 g	2,0 g
of which saturates	0,7 g	0,4 g
Carbohydrate	71 g	39 g
of which sugars	44 g	24 g
Fibre	1,5 g	0,8 g
Protein	11 g	5,8 g
Salt	0,88 g	0,48 g
Magnesium	137 mg (37%*)	75,60 mg (20%*)
Sodium	350 mg	190 mg

\* % Nutrient reference value



# POWERBAR ENERGIZE ORIGINAL

## Banana Punch



### INGREDIENTS

Fructose-glucose syrup, fruit preparation (13%) [fruit purees (banana (19%\*), apple), sugar, fructose syrup, **lactose**, palm kernel fat, gelling agent (pectin), flavouring, acid (citric acid)], maltodextrin, **oat** flakes (11%), **milk** protein, rice crisps (rice semolina, sugar, **wheat** gluten, palm fat, malted **barley** flour, salt), **almond** paste, sodium citrate, rapeseed oil, magnesium carbonate, flavouring, salt.

\*relating to the fruit preparation.

May contain: **peanuts, hazelnuts, soy.**

### LEGAL DENOMINATION

Carbohydrate bar with oat flakes, fruit preparation, sodium and magnesium for athletes

–  
Banana flavour

### NUTRITION INFORMATION

Nutrition Information	per 100 g	per bar (55 g)
Energy kJ (kcal)	1560 (368)	859 (203)
Fat	4,0 g	2,2 g
of which saturates	0,6 g	0,3 g
Carbohydrate	72 g	39 g
of which sugars	43 g	23 g
Fibre	2,0 g	1,1 g
Protein	11 g	5,8 g
Salt	0,95 g	0,53 g
Magnesium	138 mg (37%*)	76,1 mg (20%*)
Sodium	380 mg	210 mg

\* % Nutrient reference value



# POWERBAR ENERGIZE ORIGINAL

## Chocolate



### INGREDIENTS

Fructose-glucose syrup, rice crisps (rice semolina, sugar, **wheat** gluten, palm fat, malted **barley** flour, salt), rice flour, **milk** protein, **oat** bran (8%), maltodextrin, fat reduced cocoa powder (4%), **oat** flakes (4%), **almond** paste, cocoa mass (2%), flavouring, sodium citrate, fructose, humectant (glycerol), salt, magnesium carbonate. May contain: **peanuts, hazelnuts, soy.**

### LEGAL DENOMINATION

Carbohydrate bar with oat bran, sodium and magnesium for athletes  
-  
Chocolate flavour

### NUTRITION INFORMATION

Nutrition Information	per 100 g	per bar (55 g)
Energy kJ (kcal)	1539 (364)	849 (201)
Fat	4,3 g	2,4 g
of which saturates	1,3 g	0,7 g
Carbohydrate	66 g	36 g
of which sugars	38 g	21 g
Fibre	3,8 g	2,1 g
Protein	13 g	7,4 g
Salt	1,1 g	0,58 g
Magnesium	135 mg (36%*)	74,0 mg (20%*)
Sodium	420 mg	230 mg

\* % Nutrient reference value



# POWERBAR ENERGIZE ORIGINAL

## Cookies & Cream



### INGREDIENTS

Fructose-glucose syrup, **oat** bran (15%), rice flour, **milk** protein, rice crisps (rice semolina, sugar, **wheat** gluten, palm fat, malted **barley** flour, salt), maltodextrin, cocoa biscuits (5%) [**wheat** flour, sugar, palm fat, fat reduced cocoa powder, rapeseed oil, glucose syrup, skimmed **milk** powder, raising agents (sodium carbonate, tartaric acid), **barley** malt syrup, salt, flavouring, malt extract (from **barley**)], **almond** paste, **oat** flakes (3%), humectant (glycerol), sodium citrate, fructose, flavouring, magnesium carbonate, salt. May contain: **peanuts, hazelnuts, soy.**

### LEGAL DENOMINATION

Carbohydrate bar with oat bran and sodium and magnesium for athletes  
–  
Cookies & Cream flavour

### NUTRITION INFORMATION

Nutrition Information	per 100 g	per bar (55 g)
Energy kJ (kcal)	1548 (366)	854 (202)
Fat	4,3 g	2,4 g
of which saturates	1,0 g	0,6 g
Carbohydrate	67 g	37 g
of which sugars	38 g	21 g
Fibre	3,4 g	1,9 g
Protein	13 g	7,1 g
Salt	0,98 g	0,55 g
Magnesium	131,0 mg (35%*)	72,0 mg (19%*)
Sodium	390 mg	220 mg

\* % Nutrient reference value



## TECHNICAL INFORMATION

55 g per bar

Flavour	SKU	EAN bar	EAN box	EAN case
■ Berry	21012000	4029679672413	4029679672420	4029679672437
■ Banana Punch	21014000	4029679672925	4029679672932	4029679672949
■ Chocolate	21011000	4029679672314	4029679672321	4029679672338
■ Cookies & Cream	21013000	4029679672291	4029679672499	4029679672857

25 bar per box  
----  
Store in a cool, dry place.

**Distributor:** Active Nutrition International GmbH  
Zielstattstraße 42  
D-81379 München  
Phone +49 (0)89 502 0070 [www.powerbar.com](http://www.powerbar.com)



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.

