

POWERBAR 5ELECTROLYTES

5 Electrolytes. 0 Sugars. 0 Calories. 100% Refreshment.



FLAVOURS

- Mango Passionfruit
- Black Currant
- Lemon Tonic (+ caffeine)
- Raspberry Pomegranate
- Pink Grapefruit (+ caffeine)



PRODUCT DESCRIPTION

During selected workouts you only want to drink water to avoid the consumption of calories or carbohydrates or to optimise your fat metabolism. However, during exercise you lose electrolytes through sweat, which have many important functions in the body. This is exactly where the PowerBar 5Electrolytes effervescent tablets come in. They dissolve into a high-quality, calorie-free drink containing the electrolytes which you lose the most through sweat – it's ideal whenever you do sports, but don't want to consume any calories or sugars.

- ✓ **Zero sugar – zero calories**
- ✓ **Provides the electrolytes sodium, chloride, potassium, calcium and magnesium**
- ✓ **Magnesium contributes to normal energy-yielding metabolism**
- ✓ **10 Tabs make up to 2.5 litres of drink**
- ✓ **No aspartame, preservatives or artificial flavours**
- ✓ **Flavours with caffeine: Pink Grapefruit and Lemon Tonic contain 75 mg caffeine per serving, which helps to improve concentration**

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



SUGGESTED USAGE

Max. 1 tablet/ day.

For flavours with caffeine: contains caffeine (1 portion = 75 mg). Not recommended for children or pregnant woman. Dissolve one tablet in approx 250 ml of water.

This food supplement should not be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are important. Do not exceed the recommended daily intake. Keep out of reach of young children.



POWERBAR 5ELECTROLYTES

Mango Passionfruit



INGREDIENTS

Acid (citric acid), acidity regulator (sodium carbonates), humectant (sorbitol), potassium chloride, inulin, calcium carbonate, sodium chloride, natural flavourings, magnesium hydroxide, starch, calcium phosphates, sweetener (sucralose), maltodextrin, beetroot juice powder, colour (lutein).

LEGAL DENOMINATION

Food supplement.
Effervescent tablet with minerals and sweetener.
—
Mango Passionfruit flavour

NUTRITION INFORMATION

Nutrition Information	per 100 g	per tablet (4.2 g*)
Energy kJ (kcal)	821 (196)	34 (8)
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	10 g	0.4 g
of which sugars	0.6 g	0 g
Protein	0 g	0 g
Salt	15.0 g	0.63 g
Minerals	per 100 g	per tablet (4.2 g*)
Potassium	3571 mg	150 mg (7.5%**)
Chloride	4762 mg	200 mg (25%**)
Calcium	1429 mg	60.0 mg (7.5%**)
Magnesium	670 mg	28.1 mg (7.5%**)
Sodium	5952 mg	250 mg

*Per 1 serving (4.2 g tablet dissolved in 250 ml water)

** % Nutrient reference value



POWERBAR 5ELECTROLYTES

Black Currant



INGREDIENTS

Acid (citric acid), acidity regulator (sodium carbonates), humectant (sorbitol), potassium chloride, inulin, calcium carbonate, sodium chloride, magnesium hydroxide, natural flavourings, starch, maltodextrin, calcium phosphates, sweetener (sucralose), beetroot juice powder, colour (lutein).

LEGAL DENOMINATION

Food supplement.
Effervescent tablet with minerals
and sweetener.
–
Black Currant flavour

NUTRITION INFORMATION

Nutrition Information	per 100 g	per tablet (4.2 g*)
Energy kJ (kcal)	810 (194)	34 (8)
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	14 g	0.6 g
of which sugars	1.1 g	0 g
Protein	0.1 g	0 g
Salt	15.0 g	0.63 g
Minerals	per 100 g	per tablet (4.2 g*)
Potassium	3571 mg	150 mg (7.5%**)
Chloride	4762 mg	200 mg (25%**)
Calcium	1429 mg	60.0 mg (7.5%**)
Magnesium	670 mg	28.1 mg (7.5%**)
Sodium	5952 mg	250 mg

*Per 1 serving (4.2 g tablet dissolved in 250 ml water)

** % Nutrient reference value



POWERBAR 5ELECTROLYTES

Raspberry Pomegranate



INGREDIENTS

Acid (citric acid), acidity regulator (sodium carbonates), humectant (sorbitol), potassium chloride, inulin, calcium carbonate, natural flavourings, sodium chloride, magnesium hydroxide, calcium phosphates, starch, sweetener (sucralose), maltodextrin, beetroot juice powder, colour (lutein).

LEGAL DENOMINATION

Food supplement.
Effervescent tablet with minerals and sweetener.
–
Raspberry Pomegranate flavour

NUTRITION INFORMATION

Nutrition Information	per 100 g	per tablet (4.2 g*)
Energy kJ (kcal)	820 (196)	34 (8)
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	12 g	0.5 g
of which sugars	0.9 g	0 g
Protein	0 g	0 g
Salt	15.0 g	0.63 g
Minerals	per 100 g	per tablet (4.2 g*)
Potassium	3571 mg	150 mg (7.5%**)
Chloride	4762 mg	200 mg (25%**)
Calcium	1429 mg	60.0 mg (7.5%**)
Magnesium	670 mg	28.1 mg (7.5%**)
Sodium	5952 mg	250 mg

*Per 1 serving (4.2 g tablet dissolved in 250 ml water)

** % Nutrient reference value



POWERBAR 5ELECTROLYTES

Lemon Tonic with 75 mg caffeine per tablet



INGREDIENTS

Acid (citric acid), acidity regulator (sodium carbonates), humectant (sorbitol), potassium chloride, inulin, calcium carbonate, sodium chloride, natural flavourings, caffeine, magnesium hydroxide, starch, calcium phosphates, sweetener (sucralose).

LEGAL DENOMINATION

Food supplement.
Effervescent tablet with minerals, caffeine and sweetener.
–
Lemon flavour

NUTRITION INFORMATION

Nutrition Information	per 100 g	per tablet (4.2 g*)
Energy kJ (kcal)	818 (196)	34 (8)
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	13 g	0.6 g
of which sugars	0.5 g	0 g
Protein	0 g	0 g
Salt	15.0 g	0.63 g
Caffeine	1786 mg	75.0 mg
Minerals	per 100 g	per tablet (4.2 g*)
Potassium	3571 mg	150 mg (7.5%**)
Chloride	4762 mg	200 mg (25%**)
Calcium	1429 mg	60.0 mg (7.5%**)
Magnesium	670 mg	28.1 mg (7.5%**)
Sodium	5952 mg	250 mg

*Per 1 serving (4.2 g tablet dissolved in 250 ml water)

** % Nutrient reference value



POWERBAR 5ELECTROLYTES

Pink Grapefruit with 75 mg caffeine per tablet



INGREDIENTS

Acid (citric acid), acidity regulator (sodium carbonates), potassium chloride, humectant (sorbitol), inulin, calcium carbonate, sodium chloride, caffeine, magnesium hydroxide, natural flavouring, calcium phosphates, starch, sweetener (sucralose), maltodextrin, beetroot juice powder, colour (lutein).

LEGAL DENOMINATION

Food supplement.
Effervescent tablet with minerals, caffeine and sweetener.

–
Pink Grapefruit flavour

NUTRITION INFORMATION

Nutrition Information	per 100 g	per tablet (4.2 g*)
Energy kJ (kcal)	792 (191)	34 (8)
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	9.5 g	0.4 g
of which sugars	0.7 g	0 g
Protein	0 g	0 g
Salt	15.0 g	0.63 g
Caffeine	1786 mg	75.0 mg
Minerals	per 100 g	per tablet (4.2 g*)
Potassium	3571 mg	150 mg (7.5%**)
Chloride	4762 mg	200 mg (25%**)
Calcium	1429 mg	60.0 mg (7.5%**)
Magnesium	670 mg	28.1 mg (7.5%**)
Sodium	5952 mg	250 mg

*Per 1 serving (4.2 g tablet dissolved in 250 ml water)

** % Nutrient reference value



POWERBAR SPORTSDRINK SYSTEM

			
Product	PowerBar 5ELECTROLYTES	PowerBar ISOACTIVE	PowerBar ISOMAX
Main ingredients (per serve)	5 electrolytes Zero sugars Zero calories 75 mg caffeine (depending on flavor)	5 electrolytes 29 g C2MAX Dual Source Carb Mix	5 electrolytes 45 g C2MAX Dual Source Carb Mix 75 mg caffeine 400 mg L-Arginine
Recommended usage	Basic endurance training (where your focus is on optimising fat metabolism) Whenever you workout and want to stay hydrated without sugars or calories (e.g. gym, hiking, etc)	Basic endurance training up to intense training sessions	Intense / longer training sessions and competitions



TECHNICAL INFORMATION

42 g tube = 10 tablets

Flavour	SKU	EAN tube	EAN box	EAN case
■ Mango Passionfruit	24763146	42289630	4029679457126	4029679457133
■ Black Currant	24762800	42284376	4029679365773	4029679365780
■ Raspberry Pomegranate	24768646	42289654	4029679457140	4029679457157
■ Lemon Tonic (+ caffeine)	24768900	42284383	4029679456983	4029679365797
■ Pink Grapefruit (+ caffeine)	24765746	42289647	4029679457164	4029679457171

12 tubes per box

Store in a cool, dry place.

Distributor: Active Nutrition International GmbH
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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.

