

ENDURANCE BAR

Lasting energy!

High-energy, low fat

With 7% fruit and 46% oats

Palm Oil Free



This delectable energy bar has been prepared with 40% of pure oats. Additionally, tropical fruits (pineapple and papaya) are added to the mixture, which contain enzymes that facilitate better digestion and enhance the flavor.

Endurance Bar has been designed to ensure long-lasting energy. 55% of total calories come from carbohydrates, prepared in such a way that it optimizes efficiency and minimizes the risk of weakening or fatigue over long training sessions or competitions.

Due to the rich concentration of fruits and grains, the body is supplied with fast, sustainable energy.

Furthermore, Endurance Bar does not contain any chocolate. Thus, it is more digestible and easier to transport without worrying about it melting or going bad from the heat. Also, the absence of chocolate makes it low in fat.

With this in mind, Endurance Bar is ideal to take before intense, prolonged workouts.

Ingredients Tropical Flavour: 40% Oat Flakes, Partially Inverted Refiners Syrup, Rapeseed Vegetable Oil, Sucrose, Butter (Milk Fat, Water, Milk Solids Not Fat), 3,5% Sultanas (Sultanas, Cottonseed Oil), 2% Dried Pineapple Pieces (Cane Sugar, Pineapple, Preservative: Sulphur Dioxide, Acidity Regulator: Citric Acid), 2% Dehydrated Papaya (Papaya, Sucrose, Preservative: Sulphur Dioxide), Sunflower Seeds, Mixed Spice (Coriander, Cinnamon, Ginger, Nutmeg, Fennel, Cloves, Cardamom).

Nutritional Information	per 100 g	per 85 g
Energy	1870 KJ 447 Kcal	1590 KJ 380 Kcal
Fat	20 g	17 g
- of which sat. fatty Acids	4,4 g	3,7 g
Carbohydrates	61 g	52 g
- of which Sugars	34 g	29 g
Protein	5,1 g	4,3 g
Salt	0,02 g	0,02 g

DIRECTIONS FOR USE: Take before or during a workout.

RECOMMENDATION: The simplicity makes it an ideal breakfast or mid-day snack

PRESENTATION: 85g Bar

FLAVOURS: Tropical Fruit and Banana-White Chocolate.