

# POWERBAR® PERFORMANCE SMOOTHIE

## Performance smoothie with C2MAX Dual Source Carb Mix and sodium



### Product description

For successful intense training or competition you should top up your energy levels before you start and refuel during exercise with carbohydrates.

PERFORMANCE SMOOTHIES are made of min. 65% fruit purees and deliver C2MAX, a scientifically developed, 2:1 ratio of glucose and fructose sources. They have a smooth natural taste, are easy to swallow and fuel you like a PowerGel.

- Scientifically developed C2MAX Dual Source Carb Mix contain a 2:1 ratio of glucose and fructose sources
- Ideal combination of the advantages of bars and gels: easy to swallow without chewing, higher satiety feeling than PowerGels
- With extra sodium, the main electrolyte lost through sweat
- More than double the energy on average compared to usual fruit purees
- Based on min. 65% natural tasting fruit purees
- Carbohydrates plus extra sodium give you the same functionality as one PowerGel
- No flavours, colours\* or preservatives (\*by law)
- Lactose- and Gluten free

## **PowerBar PERFORMANCE SMOOTHIES in 3 flavours**

- Apricot Peach
- Mango Apple
- Banana Blueberry

### **Suggested usage**

- Consume 1 pouch within 60 minutes before sport
- During sport we recommend to consume up to 90g carbohydrates per hour depending on the intensity and duration. 1 PowerBar PERFORMANCE SMOOTHIE delivers about 28g-34 carbohydrates (depending on flavour).
- 1-4 pouches per day.

### **Technische Information**

- 90g per pouch
- 16 pouches per box
- Store in a cool, dry place.
- Distributor: Active Nutrition International GmbH, Zielstattstraße 42, D-81379 München, Phone +49 (0)89 502 007 0, [www.powerbar.com](http://www.powerbar.com)

### **ATTENTION: different SKU and EAN codes for different country clusters**

- Cluster A: Germany, Austria, Switzerland, Great Britain, France, Belgium and Netherlands
- Cluster B: Rest

<b>Flavour</b>	<b>SKU</b>	<b>EAN Pouch</b>	<b>EAN Box</b>
Mango Apple – Cluster A	22563100	42281238	4029679852754
Banana Blueberry - Cluster A	22568800	42281245	4029679785281
Apricot Peach - Cluster A	22566500	42281252	4029679785298
Mango Apple – Cluster B	22563101	42281238	4029679785304
Banana Blueberry - Cluster B	22568801	42281245	4029679785311
Apricot Peach - Cluster B	22566501	42281252	4029679785328

**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.**



### Legal denomination

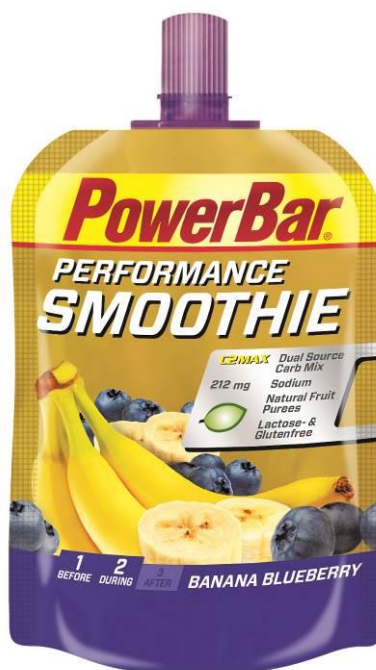
Fruit puree apple-mango with carbohydrates and sodium for athletes

### Ingredients

Fruit purees (65,2%) [apple, mango (30%)], maltodextrin, fructose, water, sodium citrates, sodium chloride, acid (citric acid).

### Nutrition information

Nutrition information	per 100 g	per pouch (90 g)
Energy kJ (kcal)	661 (158)	597 (142)
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	38 g	34 g
of which sugars	16 g	14 g
Protein	0,6 g	0,6 g
Salt	0,59 g	0,53 g
Sodium	235 mg	212 mg



### Legal denomination

Fruit puree banana-apple-blueberry-strawberry with carbohydrates and sodium for athletes

### Ingredients

Fruit purees (66,2 %) [banana (31%), apple, blueberry (8%)], maltodextrin, strawberry puree concentrate (7%), fructose, water, sodium citrates, sodium chloride, acid (citric acid).

### Nutrition information

Nutrition information	per 100 g	per pouch (90 g)
Energy kJ (kcal)	557 (133)	502 (120)
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	31 g	28 g
of which sugars	17 g	15 g
Protein	0,5 g	0,5 g
Salt	0,59 g	0,53 g
Sodium	235 mg	212 mg



### Legal denomination

Fruit puree apple-peach-apricot with carbohydrates and sodium for athletes

### Ingredients

Fruit purees (52,5%) (apple, apricot), peach puree concentrate (18,7%), maltodextrin, fructose, water, sodium citrates, sodium chloride, acid (citric acid).

### Nutrition information

Nutrition information	per 100 g	per pouch (90 g)
Energy kJ (kcal)	548 (131)	495 (118)
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	31 g	28 g
of which sugars	16 g	14 g
Protein	0,5 g	0,5 g
Salt	0,59 g	0,53 g
Sodium	235 mg	212 mg