

POWERBAR PERFORMANCE BAR



- Helps deliver more sustained energy to muscles*
- Contain C2 MAX—2:1 glucose to fructose carbohydrate ratio
- 230mg of sodium - the key electrolyte lost in sweat
- 41g of Carbohydrates
- 8g of Protein
- 15 Vitamins & Minerals
- Use before (30-40 minutes), during or after exercise with 200 – 400mL of water
- Available in delicious Vanilla Crisp, Chocolate and Cookies & Cream

**Studies show that consuming an optimal ratio of glucose and fructose sources regularly during exercise can increase the amount of carbs that can be ingested, delivered to and use by working muscles during exercise by 20—55%. PowerBar® Performance bars now contain C2 MAX, the same optimised ratio of glucose and fructose sources to help deliver more energy when you need it most.*

POWERBAR GEL



- C2 MAX Carb mix, for faster energy production
Studies have shown that consuming a specific mixture of glucose and fructose sources regularly during exercise, such as C2MAX delivers energy to working muscles faster than glucose only
- 200mg of Sodium, key electrolyte lost in sweat
- Consume with 400mL of water every 30-45 minutes during intense exercise
- Available in delicious Vanilla, Tropical, Chocolate, Green Apple (Caffeinated), Blackcurrant Caffeinated), and Strawberry & Banana (Caffeinated) flavours

POWERBAR PROTEIN PLUS BAR



- Helps to build strength and speed up muscle recovery
- Use before (30-40 minutes) or after exercise with 200 – 400mL of water
- Available in delicious Chocolate Fudge Brownie and Cookies & Cream flavours

POWERBAR RIDE BAR



- Special carbohydrate mix for long lasting energy release during sport
- High in protein to help muscle recovery
- Contains important vitamins and minerals for energy metabolism
- It is recommended to consume one bar per day before or during exercise.
- Available in great tasting – Peanut Caramel and Chocolate Caramel flavours

The world-class athletes of the Australian Institute of Sport use PowerBar as part of their sports nutrition programs.

PERFORMANCE BAR NUTRITIONAL INFORMATION



NUTRITIONAL INFORMATION (Chocolate Flavour)

	Average Qty Per Serve (60g)	Average Qty Per 100g
Energy	924kJ 220Cal	1540kJ 368Cal
Protein	8g	14g
Fat - Total	2g	4g
- Saturated	1g	1g
Carbohydrate - Total	40g	66g
- Sugars	22g	37g
Dietary Fibre	2g	4g
Sodium	230mg	390mg



NUTRITIONAL INFORMATION (Vanilla Crisp Flavour)

	Average Qty Per Serve (60g)	Average Qty Per 100g
Energy	954kJ 228Cal	1590kJ 380Cal
Protein	8g	14g
Fat - Total	3g	5g
- Saturated	1g	1g
Carbohydrate - Total	40g	67g
- Sugars	21g	35g
Dietary Fibre	2g	3g
Sodium	240mg	400mg



NUTRITIONAL INFORMATION (Cookies & Cream Flavour)

	Average Qty Per Serve (60g)	Average Qty Per 100g
Energy	954kJ 228Cal	1590kJ 380Cal
Protein	8g	13g
Fat - Total	3g	5g
- Saturated	1g	1g
Carbohydrate - Total	41g	68g
- Sugars	22g	37g
Dietary Fibre	2g	3g
Sodium	230mg	380mg

POWERBAR GELS NUTRITIONAL INFORMATION



NUTRITIONAL INFORMATION (Black Currant Flavour)

	Per serving 41g	Per 100g
Energy	455 KJ (109 Cal)	1100 KJ (266 Cal)
Protein	< 1 g	< 1 g
Fat - Total	< 0.1 g	< 0.1g
- Saturated	0 g	0g
Carbohydrate	26.7 g	65 g
- Sugars	9.8 g	24 g
Sodium	205 mg	500 mg
Potassium	21 mg	50mg
Caffeine	50 mg	50 mg

NUTRITIONAL INFORMATION (Green Apple Flavour)

	Per serving 41g	Per 100g
Energy	455 KJ (109 Cal)	1100 KJ (266 Cal)
Protein	< 1 g	< 1 g
Fat - Total	< 0.1 g	< 0.1g
- Saturated	0 g	0g
Carbohydrate	26.7 g	65 g
- Sugars	9.8 g	24 g
Sodium	205 mg	500 mg
Potassium	21 mg	50mg
Caffeine	50 mg	50 mg



NUTRITIONAL INFORMATION (Tropical Flavour)

	Per serving 41g	Per 100g
Energy	455 KJ (109 Cal)	1100 KJ (266 Cal)
Protein	< 1 g	< 1 g
Fat - Total	< 0.1 g	< 0.1g
- Saturated	0 g	0g
Carbohydrate	26.7 g	65 g
- Sugars	9.8 g	24 g
Sodium	205 mg	500 mg
Potassium	21 mg	50mg



NUTRITIONAL INFORMATION (Vanilla Flavour)

	Per serving 41g	Per 100g
Energy	455 KJ (109 Cal)	1100 KJ (266 Cal)
Protein	< 1 g	< 1 g
Fat - Total	< 0.1 g	< 0.1g
- Saturated	0 g	0g
Carbohydrate	26.7 g	65 g
- Sugars	9.8 g	24 g
Sodium	205 mg	500 mg
Potassium	21 mg	50mg



PROTEIN PLUS BAR NUTRITIONAL INFORMATION



NUTRITIONAL INFORMATION (Chocolate Fudge Brownie Flavour)

	Average Qty Per Serve (65g)	Average Qty Per 100g
Energy	1050kJ 252Cal	1610kJ 387Cal
Protein	18.2g	28g
Fat - Total	5.7g	8.7g
- Saturated	3.7g	5.7g
Carbohydrate - Total	20.9g	32.2g
- Sugars	15.2g	23.4g
Maltitol	4.4g	6.8g
Glycerol	5.7g	8.7g
Sodium	97mg	149mg
Vitamin E	8.0mg (80%*)	12.3mg
Vitamin C	20.0mg (50%*)	30.8mg
Thiamin (Vit B1)	0.55mg (50%*)	0.8mg
Riboflavin (Vit B2)	1.5mg (88%*)	2.3mg
Niacin	9.4mg (94%*)	14.5mg
Vitamin B6	1.2mg (75%*)	1.8mg
Vitamin B12	2.0µg (100%*)	3.1µg
Folate	100.00µg (50%*)	153.8µg
Biotin	18.0µg (18% [†])	27.7µg
Pantothenic Acid	2.1mg (30% [†])	3.2mg
Calcium	240mg (30%*)	369mg
Iron	6.0mg (50%*)	9.2mg
Magnesium	96mg (30%*)	148mg
Zinc	4.2mg (35%*)	6.5mg
Copper	0.75mg (25% [†])	1.2mg
Chromium	30.0µg (15% [†])	46.2µg

*Recommended Dietary Intake

[†]Estimated Safe and Adequate Daily Dietary Intake

RIDE BAR NUTRITIONAL INFORMATION



NUTRITIONAL INFORMATION (Chocolate - Caramel Flavour)

	Average Qty Per Serve (55g)	Average Qty Per 100g
Energy	875kJ	1580kJ
Protein	10.4g	18.9g
Fat - Total	8.5g	15.4g
- Saturated	4.2g	7.7g
Carbohydrate - Total	22.5g	40.9g
- Sugars	11.9g	21.7g
Dietary Fibre	4.1g	7.5g
Sodium	110mg	200mg
Vitamin C	60mg (150%*)	109mg
Vitamin E	10mg (100%*)	18.2mg
Niacin	9mg (90%*)	16.4mg
Vitamin B6	1mg (62%*)	1.8mg
Riboflavin	0.8mg (47%*)	1.45mg
Thiamin	0.7mg (63%*)	1.3mg
Vitamin B12	0.5ug (100%*)	0.91ug
Calcium	248mg (31%*)	450mg
Magnesium	83mg (26%*)	150mg

* Recommended Dietary Intake



NUTRITIONAL INFORMATION (Peanut-Caramel Flavour)

	Average Qty Per Serve (55g)	Average Qty Per 100g
Energy	892kJ	1620kJ
Protein	10.2g	18.6g
Fat - Total	9.1g	16.6g
- Saturated	4.5g	8.2g
Carbohydrate - Total	22.5g	40.9g
- Sugars	11.9g	21.7g
Dietary Fibre	4.1g	7.5g
Sodium	110mg	200mg
Vitamin C	60mg (150%*)	109mg
Vitamin E	10mg (100%*)	18.2mg
Niacin	9mg (90%*)	16.4mg
Vitamin B6	1mg (62%*)	1.8mg
Riboflavin	0.8mg (47%*)	1.45mg
Thiamin	0.7mg (63%*)	1.3mg
Vitamin B12	0.5ug (100%*)	0.91ug
Calcium	248mg (31%*)	450mg
Magnesium	66mg (26%*)	120mg

* Recommended Dietary Intake