

Nutrition information	per 100 g	per portion (32 g*)
Energy kJ (kcal)	1643 (386)	525 (123)
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	95 g	30 g
of which sugars	70 g	22 g
Protein	0 g	0 g
Salt	1,6 g	0,51 g
Sodium	634 mg	203 mg

*per 32 g powder in 500 ml water

All Powerbar products are shown in the Cologne List®, and as a result we can offer athletes even more security and trust. The Cologne List® is one of the leading service platforms that list sports nutrition products tested for prohibited substances under strict certification processes.