

Nutritional information	per 100 ml	per pouch (50 m
Energy kJ (kcal)	1028 (242)	514 (121)
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	60 g	30 g
of which sugars	31 g	15 g
Protein	0 g	0 g
Salt	1,0 g	0,50 g
Sodium	404 mg	202 mg
Caffeine	200 mg	100 mg

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.