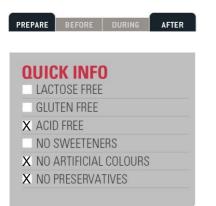


PRO POWER & MUSCLE **PROTEIN 50** CHOCOLATE





# **PRODUCT DESCRIPTION**

Proteins serve a growth in muscle mass and its maintenance. Protein 50 is a multi protein bar based on 5 protein components. Thanks to its high protein content of 35 g per bar, it can replace a protein shake and is therefore a particularly appropriate source of protein to be taken on the way.

With vitamins, which contribute to normal protein and glycogen metabolism (B6), or to normal synthesis and metabolism of steroid hormones (pantothenic acid). Chromium contributes to the maintenance of normal blood glucose levels. It contains only 4.2 g of fat per bar. Protein 50 is also rich in food fibers and contains only 0.5 g of sugar kinds per bar.

# **ADVANTAGES**

- Only 2 g of impact carbs in a bar
- Very tasty chocolate bar with 50% of proteins
- Without choco coating
- Lactose poor

# UTILISATION

Suitable for a protein supply during phases of increased needs or in case of a protein lack. Thanks to its quickly and slowly available protein sources, this bar can ideally be taken 1-2 hours before intensive weight trainings or right after. Also appropriate as a late night snack rich in proteins.

Do not exceed recommendation of max. 2 bars per day.

#### **INGREDIENTS**

Protein powders (**soya** protein 19%, **wheat** protein hydrolisate 15%, collagen hydrolysate 11%, **whey** protein isolate 8%, **caseinate** 5%), humectant glycerol, polydextrose, palm fat, defatted cocoa 3%, cocoa mass, flavours (contains **milk**), emulsifier **soya** lecithin, sweetener sucralose, vitamins (nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, riboflavin, pyridoxine hydrochloride, thiamin hydrochloride, biotin, cyanocobalamin), chromium chloride, antioxidant ascorbic acid. Excessive consumption can lead to laxative effects. May contain traces of **nuts**, **peanuts** and **sesame** seeds.



PAGE 2

PRO POWER & MUSCLE

PROTEIN 50 CHOCOLATE

# **FLAVOURS/PACKAGING**

Chocolate Box 20 x 70 g

# **NUTRITION FACTS**

Nährwerte/nutrition facts		100 g		70 g
Energie/energy kJ (kcal)	1343 (319)			940 (224)
Fett/fat		6.4 g		4.5 g
davon gesättigte Fettsäuren/of which				-
saturated fatty acids		3.0 g		2.1 g
Kohlenhydrate/carbohydrates		19 g		14 g
davon/of which				
<ul> <li>Zuckerarten/sugars</li> </ul>		0.7 g		0.5 g
- Polyole/polyols		17 g		12 g
Ballaststoffe/fibres		5.6 g		3.9 g
Eiweiss/protein		50 g		35 g
Salz/salt		0.83 g		0.58 g
Vitamine/vitamins	100 g	%NRV*	70 g	%NRV*
E	4.0 mg	34%	2.8 mg	23%
B1	0.3 mg	27%	0.2 mg	18%
B2	0.3 mg	21%	0.2 mg	15%
Niacin(e)	4.0 mg	25%	2.8 mg	18%
B6	0.3 mg	21%	0.2 mg	15%
B12	0.6 μg	24%	0.4 μg	16%
Biotin(e)	15 μg	30%	11 μg	22%
Pantothensäure/pantothenic acid	1.3 mg	22%	0.9 mg	15%
Mineralstoffe/minerals	% NRV *		% NRV *	
Phosphor/phosphorus	230 mg	33%	160 mg	23%
Chrom/chromium	26 μg	65%	18 μg	45%

\*NRV, nutrient reference values

Multi-protein bar with vitamins and chromium, chocolate flavoured. With polydextrose and sweetener.

Produced in the Netherlands for

Sponser Sport Food AG CH-8832 Wollerau www.sponser.ch Sponser Europe GmbH D-88131 Lindau www.sponser.de

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