

PRO POWER & MUSCLE

PROTEIN 50

CHOCOLATE

PREPARE

BEFORE

DURING

AFTER

QUICK INFO

- LACTOSE FREE
- GLUTEN FREE
- ACID FREE
- NO SWEETENERS
- NO ARTIFICIAL COLOURS
- NO PRESERVATIVES



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 hydrolysat 15%, collagen hydrolysat 11%, **whay** 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.

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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				
- Zuckerarten/sugars	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

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