



“A great protein/energy bar for serious athletes”

Vitargo® Protein bar – high quality proteins in combination with Vitargo

Vitargo® is a patented carbohydrate (barley starch), with unique properties, specially formulated for elite athletes to give an effective loading of easily accessible muscle energy (glycogen) in the body. Vitargo® has been clinically tested at the Karolinska Institute, Stockholm and compared with other “ordinary” sports carbohydrates.



The results showed that Vitargo® was quicker in replenishing glycogen levels and passing through the stomach compared with other combinations of carbohydrates.

NOW- Vitargo® Protein bar with fabulous chocolate flavour!

Read more about this at www.vitargo.com

Improves performance and recovery

Vitargo® Protein Bar is designed to give you the fuel your body prefer before, during and after sports. Our customers are serious minded, hard working athletes and their bodies’ demand pure sources of energy and not, for example collagen proteins commonly used in sports bars to increase protein content whilst giving no benefit of the user.

Vitargo® Protein Bar helps you, by giving you Vitargo® and nearly 20g of pure protein per serving, to improve recovery and performance. The 20g proteins in the bar is a blend of 45 % whey protein concentrate, 32,5 % whey protein isolate and 22,5 % calcium caseinate.

How to use

Common use during exercise (endurance sports longing for at least 2 hours or longer): Have a bite (piece), every 15-30 minutes or so, drink water or sports drink, like Vitargo®. Alternate between Energikakan™ Energy Bar, or Vitargo® Endurance Bar.

Team Sports, as soccer: Use the Vitargo® Protein Bar as a recovery bar after training, or as an in between meal 1 hour before training sessions.

Cycling, Running, Endurance sports: Have a bite (piece), every 15-30 minutes or so, drink water or sports drink, preferably consisting of Vitargo®.

Alternate between Energikakan™ Energy Bar, or Vitargo® Endurance Bar.

As an in between meal: Have one Vitargo® Protein Bar as an in between meal, have it along with a fruit and a glass of water.

ENERGIKAKAN AB – www.energikakan.se

POSTADRESS MAILING ADDRESS NUMBER	BESÖKSADRESS VISITING ADDRESS	E-POST/E-MAIL info@energikakan.se	TELEFON/PHONE	FAX	ORGANISATIONSNUMMER VAT REGISTRATION
Skeppsbron 11 SE-392 31 Kalmar	Skeppsbron 11 SE-392 31 Kalmar	INTERNET www.energikakan.se	0480 224 77 +46 480 224 77	0480 144 88 +46 480 144 88	556510-3941 SE556510394101



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Vitargo® Protein Bar

Ingredients: Milk protein, fructose-glucose syrup, milk chocolate (20%) [*sugar, cocoa butter, whole milk powder, cocoa mass, emulsifier (soy lecithin), flavours*], sorbitol syrup, barley starch (Vitargo) 5%, low fat cocoa, soy oil, flavours, emulsifier (soy lecithin), salt.

Weight per bar: 65g.

Flavour: Milk chocolate

Packing size: 25 bars per display box

EAN:

7394246 20008 3(bar)

7394246 20009 0 (carton 25 pcs)

This product is manufactured in a facility that uses peanuts, nuts and seeds (sesame) and wheat-, gluten-, milk-products.

This bar is not Vitamin fortified.

Storage: In a cool, dry place.

HS-code: 18.06.31.00

Nutritional information

Per 100g	Per bar (65g)	% of Energy (E%)
Energy value 1596 kJ (379 kcal)	Energy value 1037 kJ (246 kcal)	
Protein 30,1g	Protein 19,6g	32
Carbohydrate 42,5g	Carbohydrate 27,6g	44
Of which	Of which	
Mono/Disaccharides. 32,9g	Mono/Disaccharides. 21,3g	
Starches. 5g	Starches. 3,3g	
Polyols 4,1g	Polyols 2,7g	
Fat 10,5g	Fat 6,8g	24
Of which	Of which	
saturated 5,8g	saturated 3,7g	
unsaturated 4,7g	unsaturated 3,1	
Dietary fibres 1,0g	Dietary fibres 0,7g	
Sodium 0,13g	Sodium 0,08g	

SUMMARY PRESENCE/ ABSENCE OF ALLERGENS

1	Milk constituents	+
2	Milk powder	+
3	Soy lecithin	+
4	Soy protein	+
5	Soy meal	-
6	Gluten	+

7	Glutamate	-
8	Lactose	+
9	Wheat	?
10	Cocoa	+
11	Egg yolk	-
12	Barley starch	+

+ Contains

- Free of

Regarding barley starch content (Vitargo®), and gluten present in the product, the Vitargo® powder is free of gluten by definition.

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