

Vitargo

ENDURANCE BAR

MADE FOR ATHLETES

“The Swedish Cereal Energy bar with creatine”



ENERGY BAR

- Vitargo
- Creatine
- Aminosyror
- Caffeine



The energy cereal bar with Vitargo/Creatine/Glutamine and Caffeine

This unique combination of carbohydrates, proteins, creatine and caffeine is a brilliant mix to maintain stamina and optimise your performance during sports. Vitargo® is a patented carbohydrate (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 carbs. Read more about this at www.vitargo.com.

Increases performance and endurance

This bar is designed to give you the fuel your body prefer during sports. Of course it is very easy to chew. Vitargo® Endurance Bar helps you, by giving you Vitargo and 1g creatine/bar to buffer lactic acid levels in your muscles, to maintain the pace during the races. Caffeine, is known to help to burn fat to energy in the body, glutamine peptide is a high quality protein source that is used for muscle recovery and prevents overtraining.

How to use

Common use during exercise: Have a ½ Vitargo Endurance Bar 30 minutes along with water or sports drink (preferably a sugar free one like Vitargo®).

Team Sports, as soccer: ½ energy bar after warming up, ½ a bar for half time.

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

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

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

ENERGIKAKAN AB – www.energikakan.se

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Vitargo® Endurance Bar

Ingredients: Oat flakes(19,7%), raisins, glucose syrup, invert sugar syrup, barley starch (Vitargo 9%), rice crisps (8,8%) [*rice flour, wheat gluten, wheat malt, sugar, dextrose, salt*], caramel pieces (6,6%) [*glucose syrup, sugar, humectant (glycerol), wheat fibre, skim milk powder, apple purée concentrate, vegetable fat, gelling agent (pectin), flavours, acidity regulator (lactic acid), rice extract.*], sugar, hydrolyzed wheat gluten, vegetable fat, creatine-monohydrate, flavours, emulsifier (soy lecithin), salt, caffeine(0,13%).



EAN:

7394246 200069 (bar)
7394246 200076 (carton 25 pcs)

This product is manufactured in a facility that uses peanuts, nuts and seeds(sesame).

This bar is not Vitamin fortified.

Storage: In a cool, dry place.

HS-code: 19.05.90.90

Weight per bar: 65g.

Flavour: Crunchy Caramel Cereal, no coating

Packing size: 25 bars per display box

Special ingredients: Creatine monohydrate 1 g/bar
Glutamine peptid 0,85 g/bar
Caffeine 82mg/bar

Nutritional information

| Per 100g | Per bar (65g) | % of Energy(E%) |
|---------------------------------|--------------------------------|-----------------|
| Energy value 1494 kJ (353 kcal) | Energy value 971 kJ (230 kcal) | |
| Protein 8,0g | Protein 5,2g | 9 |
| Carbohydrate 67,3g | Carbohydrate 43,7g | 76 |
| Of which | Of which | |
| Mono/Disaccharides. 34,1g | Mono/Disaccharides. 22,2g | (39) |
| Other carbohydrates. 33,2g | Other carbohydrates. 21,5g | (37) |
| Fat 5,9g | Fat 3,8g | 15 |
| Of which | Of which | |
| saturated 2,1g | saturated 1,4g | (5) |
| unsaturated 3,8g | unsaturated 2,4g | (10) |
| Dietary fibres 2,9g | Dietary fibres 1,9g | |
| Sodium 0,2g | Sodium 0,1g | |

SUMMERY PRESENCE/ ABSENCE OF ALLERGENS

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

| | | |
|----|---------------|---|
| 7 | Wheat flour | - |
| 8 | Wheat meal | - |
| 9 | Wheat starch | - |
| 10 | Bread crumb | - |
| 11 | Egg yolk | - |
| 12 | Barley starch | + |

+ Contains

- Free of

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