



"The Swedish Carbohydrate/Protein Bar"



The first Energy/protein bar with Vitargo® inside.

The combination of milk proteins and Vitargo® is a brilliant mix to maintain stamina and optimise recovery after exercise. 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.

Increase performance and recovery

A smart thing is to take your recovery seriously. Vitargo® Performance Bar helps you, by giving you both carbohydrates and proteins quickly after your exercise. Have a couple of tasty bars in your trainers trunk, always ready to be eaten.

How to use

Common use during exercise: Have a bite every 15-30 minutes along with water or sports drink (preferably a sugar free one like Vitargo®).

Team Sports, as soccer: ½ a bar after warming up, ½ a bar for half time. As recovery, eat 1 bar.

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® Performance Bar.

Golf, Hiking: Use this bar preferably together with the Energy Bar Energikakan™. Alternate the bars during the activity, to secure stable blood sugar and energy input.

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

Common use/recovery: Have a Vitargo® Performance bar directly after training together with water or a Vitargo® drink.

ENERGIKAKAN AB – www.energikakan.se

POSTADDRESS MAILING ADDRESS NUMBER	BESÖKSADRESS VISITING ADDRESS	E-POST/E-MAIL info@energikakan.se	TELEFON/PHONE	FAX	ORGANISATIONSNUMMER VAT REGISTRATION
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PERFORMANCE BAR

VANILLA

NEW SCIENCE - REAL DIFFERENCE

Vitargo[®]

PERFORMANCE BAR
www.vitargo.com

VANILLA

"The Swedish Carbohydrate/Protein Bar"

Vitargo[®] Performance Bar

Ingredients: Milk protein, glucose syrup, yoghurt coating[sugar, cocoa butter, skim milk, yoghurt powder, lactose, emulsifier (soy lecithin), acidulant (citric acid), flavours], invert sugar syrup, amylopectin barley starch(Vitargo[®]), soy protein, soy oil, flavours, emulsifier (soy lecithin).



Weight per bar: 65g.

Flavour: VANILLA.

Packing size: 25 bars per display box

Nutritional information

Per 100g

Energy value 1640 kJ (389 kcal)

Protein 25,4g

Carbohydrate 49,5g

Of which

Mono/Disaccharides. 32,7g

Other carbohydrates. 16,8g

Fat 9,9g

Of which saturated 5,1g

Unsaturated 4,8g

Dietary fibres -

Sodium 0,1g

Per bar (65g)

Energy value 1066 kJ (253 kcal)

Protein 16,5g

Carbohydrate 32g

Of which

Mono/Disaccharides. 21,2g

Other carbohydrates. 10,8g

Fat 6,4g

Of which saturated 3,3g

Unsaturated 3,1g

Dietary fibres -

Sodium 0,1g

% of Energy(E%)

26

51

(34)

(17)

23

(12)

(11)

This product is manufactured in a facility that uses peanuts, other nuts and seeds.

This bar is not Mineral -or Vitamin fortified.

Storage: In a cool, dry place.

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

* Regarding content of gluten, the absence is far less than 200ppm.

Earlier, content below 200ppm gluten was called "GLUTEN FREE".

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