

Energy Bar Salty 2.0

ENERGY BAR BASED ON OATS (GLUTEN-FREE), DATES AND AN EXTRA OF SALT

- Carbohydrates provided by Oats (gluten-free) and Dates
- With 33–35% Oats (depending on flavour)
- With 22–23% Date paste (depending on flavour)
- With an extra supply of Salt (Sodium)
- Moist texture with incredible flavour and digestibility
- Suitable for Vegans
- No chocolate coating. Gluten-Free

Gluten Free



Energy Bar Salty 2.0 is a **gluten-free oat** bar of the highest quality with a premium composition that provides the energy required to improve performance during your training sessions and competitions. In addition, we have added an extra amount of salt, providing between 241 and 338 mg of sodium depending on the flavour. Now, to improve it even further, we have added dates which, together with the gluten-free oats we were already using, give it an even more moist and unique texture that is easy to swallow and helps minimize gastrointestinal problems. They are suitable for vegans.

It contains an ideal matrix based on **gluten-free oat** flakes, between 33% and 35% (depending on flavour), and **date** paste, between 22% and 23% (depending on flavour), providing **carbohydrates** (energy) in a gradual manner. This combination is ideal for delivering energy progressively, which is essential for athletes, as it has been demonstrated that carbohydrate intake during exercise improves performance (Cermak, N.M. et al., SM. 2013; Pochmuller, M. et al., JISSN. 2016). In addition, something that few people know and/or many forget is that the consumption of exogenous carbohydrates during physical activity minimizes the immunosuppressive effects caused by intense exercise (Nieman, D.C. et al., EIR. 1998).

More natural ingredients, such as **Dates**, provide better-balanced energy (carbohydrates) and additional nutrients

such as Vitamin C and B-complex vitamins (B2, B3, B6 and B9), as well as more than 10 minerals, including potassium, magnesium, copper and selenium, and phytoactives such as polyphenols, anthocyanins and carotenoids, giving the new formula additional antioxidant capacity. They also provide a small amount of insoluble fiber, which is beneficial for health.

For this **Salty version**, we have added an extra amount of salt, providing Sodium, the most important mineral for preventing dehydration during physical activity (Panel NDA. EFSA Journal. 2011), as it is the one we lose the most through sweat. In addition, especially in long-distance events, it is essential to vary flavour profiles, as the vast majority of products are sweet (gels, sports drinks, gummies, bars, etc.).

Energy Bar Salty 2.0 does not contain any type of coating, making it easier to transport and preventing it from melting or deteriorating in hot conditions. Without a coating, it contains less fat than other oat bars of this type, which also makes it easier to digest.

And like all **Crown Sport Nutrition®** products, it offers a unique flavour, texture and digestibility.

Directions for use: Take one bar approximately every 90 minutes of sports practice.

Professional advice:

- It can also be consumed as a carbohydrate intake one hour before physical activity, as well as for breakfast and/or as a snack, or between meals during periods of high energy demand.
- **If you take Isodrink & Energy:** consume one bar approximately every 1.5 hours (90 min) of physical activity. After 3 hours, consume one bar every 60 minutes (1 bar/hour).
- **If you DO NOT take Isodrink & Energy:** consume one bar approximately every 60 minutes of physical activity. After 3 hours, consume one bar every 30 minutes (2 bars/hour).
- As energy sources during physical activity, **Energy Bar** can be perfectly combined with **Energy Gel** and Energy **GUM Bar**.

Available sweet flavours: Double-Chocolate, Banana-White Chocolate, Red Fruits and Yogurt.

Available salty flavours: Salted Chocolate and Salted Peanut.

Available formats: 60g bars and boxes of 12 bars.

Ingredients (Salted Chocolate): (33%) gluten-free **oat** flakes, (22%) date paste, invert sugar syrup, margarine (vegetable coconut fat, water, vegetable oils (rapeseed, sunflower), emulsifier: mono- and diglycerides of fatty acids; salt, acidity regulator: citric acid; preservative: sorbic acid; flavouring, colour: carotenes), (4.5%) dark chocolate chips (minimum 65% cocoa) (sugar, cocoa mass, cocoa butter, emulsifier: **soy** lecithin), fat-reduced cocoa powder, (1.45%) sea salt, preservative: potassium sorbate; flavouring.

Contains **soy**. May contain traces of egg, peanuts, milk (including lactose), nuts, sulphites, sesame seeds and/or derivatives thereof.

Ingredients (Salted Peanut): (35%) gluten-free **oat** flakes, (23%) date paste, invert sugar syrup, margarine (vegetable coconut fat, water, vegetable oils (rapeseed, sunflower), emulsifier: mono- and diglycerides of fatty acids; salt, acidity regulator: citric acid; preservative: sorbic acid; flavouring, colour: carotenes), (8%) roasted **peanut**, (1%) sea salt, flavouring, preservative: potassium sorbate.

Contains **peanut**. May contain traces of egg, soy, milk (including lactose), nuts, sulphites, sesame seeds and/or derivatives thereof.

NUTRITIONAL INFORMATION	Per bar (60 g)	Per 100 g
Salted Chocolate		
Energy	1002 kJ 239 kcal	1670 kJ 399 kcal
Fat	10,3 g	17,2 g
of which sat. fatty Acids	7,3 g	12,1 g
Carbohydrates	31,4 g	52,4 g
of which Sugars	18,7 g	31,1 g
Fiber	3,7 g	6,1 g
Protein	3,4 g	5,6 g
Salt	0,86 g	1,43 g

NUTRITIONAL INFORMATION	Per bar (60 g)	Per 100 g
Salted Peanut		
Energy	1022 kJ 244 kcal	1703 kJ 407 kcal
Fat	10,6 g	17,7 g
of which sat. fatty Acids	6,1 g	10,1 g
Carbohydrates	31,0 g	51,7 g
of which Sugars	17,3 g	28,8 g
Fiber	3,6 g	6,0 g
Protein	4,3 g	7,2 g
Salt	0,62 g	1,03 g



crownsportnutrition.com

info@crownsportnutrition.com

@crownsportnutrition

crownsportnutrition

@crownsportnutri

Crown Sport Nutrition

Collaborators:

