

Energy Bar 2.0

ENERGY BAR BASED ON OATS AND DATES. GLUTEN-FREE

- Carbohydrates provided by Oats (gluten-free) and Dates
- With 34–37% Oats (depending on flavour)
- With 21–23% Date paste (depending on flavour)
- Moist texture with incredible flavour and digestibility
- Suitable for Vegans (except Banana-Choc, suitable for vegetarians)
- No chocolate coating. Gluten-Free

Gluten Free



Energy Bar 2.0 is an oat and date bar of the highest quality with a premium composition that provides the energy required to improve performance during your training sessions and competitions. 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 (except Banana-Choc, which is suitable for vegetarians).

It contains an ideal matrix based on **gluten-free oat flakes**, between 34% and 37% (depending on flavour), and date paste, between 21% 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 immu-

nosuppressive 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.

Energy Bar 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).
- In this case, as a **professional recommendation to prevent dehydration**, we also suggest consuming approximately **1 capsule of PRO Salt Caps** every 45 minutes of physical activity. Alternatively, consume an **Energy Bar Salty**, the salty versions that provide an extra supply of Sodium.
- 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 Yoghurt.

Available salty flavours: Salted Chocolate and Salted Peanut.

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

Ingredients (Double-Chocolate): (34%) 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), (5%) dark chocolate chips (minimum 65% cocoa) (sugar, cocoa mass, cocoa butter, emulsifier: **soy** lecithin), fat-reduced cocoa powder, preservative: potassium sorbate; flavouring.

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

Ingredients (Banana-White Chocolate): (34%) gluten-free **oat** flakes, (21%) 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), (6%) white chocolate chips (minimum 22.5% cocoa) (sugar, **lactose**, cocoa butter, anhydrous **milk** fat, emulsifier: **soy** lecithin, starch, flavouring), (2%) banana (banana, coconut oil, sugar), flavourings, preservative: potassium sorbate.

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

Ingredients (Red Fruits): (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), (2%) dried red cranberry (sugar, cranberry, sunflower oil), (2%) strawberry in fructose syrup (strawberry, glucose-fructose syrup, sugar, dextrose, flavouring, acidity regulator: citric acid, preservative: sorbic acid), flavourings, preservative: potassium sorbate.

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

Ingredients (Yoghurt): (37%) 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), flavourings, preservative: potassium sorbate.

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

NUTRITIONAL INFORMATION	Per 100 g	Per bar (60 g)	NUTRITIONAL INFORMATION	Per bar (60 g)	Per bar (60 g)
Double-Chocolate			Banana-White Chocolate		
Energy	1692 kJ 404 kcal	1015 kJ 242 kcal	Energy	1713 kJ 409 kcal	1028 kJ 245 kcal
Fat	17,3 g	10,4 g	Fat	17,8 g	10,7 g
of which sat. fatty Acids	12,2 g	7,3 g	of which sat. fatty Acids	12,7 g	7,6 g
Carbohydrates	53,2 g	31,9 g	Carbohydrates	54,9 g	33,0 g
of which Sugars	31,1 g	18,7 g	of which Sugars	31,9 g	19,2 g
Fiber	6,3 g	3,8 g	Fiber	5,1 g	3,1 g
Protein	5,8 g	3,5 g	Protein	5,0 g	3,0 g
Salt	0,02 g	0,01 g	Salt	0,02 g	0,01 g
NUTRITIONAL INFORMATION	Per 100 g	Per bar (60 g)	NUTRITIONAL INFORMATION	Per 100 g	Per bar (60 g)
Yoghurt			Red Fruits		
Energy	1675 kJ 400 kcal	1005 kJ 240 kcal	Energy	1663 kJ 397 kcal	998 kJ 238 kcal
Fat	17,0 g	10,2 g	Fat	16,1 g	9,7 g
of which sat. fatty Acids	12,1 g	7,3 g	of which sat. fatty Acids	11,5 g	6,9 g
Carbohydrates	53,7 g	32,2 g	Carbohydrates	55,1 g	33,0 g
of which Sugars	29,8 g	17,9 g	of which Sugars	32,1 g	19,3 g
Fiber	5,5 g	3,3 g	Fiber	5,5 g	3,3 g
Protein	5,4 g	3,2 g	Protein	5,1 g	3,1 g
Salt	0,02 g	0,01 g	Salt	0,02 g	0,01 g



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Collaborators:

