

# Energy Bar

## TECHNICAL ENERGY BAR WITH PROTEIN ISOLATE AND NO PALM OIL

### YOGHURT

- Based on carbohydrates mainly provided by Oats
- With a plus of fast assimilation protein
- No chocolate coating
- Without palm oil
- Juicy texture with incredible flavor and digestibility



**Energy Bar** is an oat bar of the highest quality with a premium composition that provides the necessary energy to improve performance in your training sessions and competitions. Also to improve it we have added whey protein isolate. It has a unique juicy texture that will be easy to swallow and will minimize gastrointestinal problems.

It contains an ideal matrix based on **Oat Flakes**, around 40%, which provides **carbohydrates** (energy) slowly. But it also contains fast assimilating carbohydrates. This combination is ideal to provide energy progressively, which is essential for athletes, since it has been shown that carbohydrate intake during sports practice improves performance (Cermak, N.M. et al., SM. 2.013; Pochmuller, M. et al., JISSN. 2.016). 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 produced by intense exercise (Nieman, D.C. et al., EIR. 1.998).

But also to enhance the product we have added **isolated protein with rapid assimilation** that provides all muscle amino acids, including essential ones, which is very interesting at the level of sports performance because it has been shown that the intake of proteins (amino acids) together with the carbohydrates during training decrease muscle damage markers (Valentine, R.J. et al., IJSNEM. 2.008). Also, amino acids can be oxidized by the muscle during physical exercise, thus reducing the use of glycogen as an energy source in favor of fats.

**Energy Bar** does not contain any type of coating to make it easier to transport and prevent it from melting or spoiling in the heat. As it has no coating, it has less fat than other oat bars of this type and that, too, makes it more digestible.

And like all Crown Sport Nutrition® products with a unique taste, texture and digestibility.

**Instructions for use:** Take a bar approximately every 90 minutes of sports practice.

#### Professional tips:

- It can also be taken as a carbohydrate intake one hour before physical activity. Also as breakfast and/or afternoon snack or between meals in times of high energy demand.
- **If you take Isodrink & Energy:** take one bar every approximately 1,5 hours (90 min) of physical activity. After 3 hours, take one bar every 60 minutes (1 bar/hour).
- **If you DO NOT take Isodrink & Energy:** eat one bar approximately every 60 minutes of physical activity. After 3 hours, take one bar every 30 minutes (2 bars/hour).
- In this case, as a professional recommendation to avoid dehydration, we also suggest the intake of approximately 1 capsule of **PRO Salt Caps** every 45 minutes of physical activity.
- As sources of energy during physical activity, the **Energy Bar** can be perfectly combined with the **Energy Gel**.

**Ingredients (Yoghurt):** (41,7%) **Oat** flakes, inverted sugar syrup, margarine (coconut fat, sunflower oil, water, salt, emulsifier: mono and diglycerides of fatty acids vegetable origin; acidity corrector: citric acid; preservative: sorbic acid; flavoring, coloring:  $\beta$ -carotene), (4,6%) isolated **whey** protein (**milk** protein, emulsifier: **soy** lecithin), flavorings, preservative: potassium sorbate.

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

**Sweets available flavors:** Double-Chocolate, Banana-White Chocolate, Yoghurt.

**Salty available flavors:** Salted Chocolate and Salted Peanut.


**Neutral available flavors:** Strawberry.

**Available flavors Suitable for Vegans:** Salted Peanut and Strawberry.

**Available formats:** bars of 60 g and box of 12 bars.

NUTRITIONAL INFORMATION	Per 100 g	Per bar (60 g)
Energy	1.624 kJ	974 kJ
	387 kcal	232 kcal
Fat	13,6 g	8,16 g
• of which sat. fatty Acids	7,00 g	4,20 g
Carbohydrates	54,9 g	32,9 g
• of which Sugars	28,6 g	17,2 g
Protein	9,20 g	5,52 g
Salt	0,14 g	0,084 g




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