

POWERBAR RECOVERY ACTIVE

The carbohydrate-protein drink that
refuels your tank after a workout.



FLAVOUR

- Chocolate



PRODUCT DESCRIPTION

After your intensive workouts and competitions, a supply of carbohydrates, protein and fluid is an essential key to your recovery. RECOVERY ACTIVE regeneration drink is designed for use directly after exercise to not only supply your muscles with protein, but also help replenish your energy tanks (glycogen stores) with carbohydrates.

- ✓ **11 g protein per serving to contribute to growth and maintenance of muscle mass**
- ✓ **With carbohydrates, plus 8 vitamins and 3 minerals**
- ✓ **2.4 mg zinc per serving. Zinc supports the normal function of the immune system**
- ✓ **With magnesium, which contributes to a reduction of tiredness and fatigue**
- ✓ **Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or longlasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle ***

All PowerBar products are included in the Cologne List®, and as a result we can offer athletes even more security and trust.



SUGGESTED USAGE

Take 1 portion per day, immediately after exercise.

Mixing Instructions (1 portion): Mix 55 g (approx. 3 measuring spoons - included) with 200 ml of water.

As part of a varied and balanced diet and a healthy lifestyle.

* The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, in several portions, within the first 4 hours and no later than 6 hours, following the physical exercise.



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Chocolate Flavour



INGREDIENTS

Skimmed **milk** powder, glucose syrup, sugar, fat reduced cocoa powder (4%), maltodextrin, whey protein (**milk**), **soy** protein, calcium caseinate (**milk**), minerals (magnesium oxide, zinc gluconate, cupric gluconate), emulsifier (lecithins), vitamins (niacin, pantothenic acid, vitamin B6, thiamin, folic acid, riboflavin, biotin, vitamin B12), natural flavouring, cinnamon.

LEGAL DENOMINATION

Carbohydrate & protein powdered drink mix with 8 vitamins and 3 minerals for adult athletes

–
Chocolate flavour

NUTRITION INFORMATION

Nutrition Information	per 100 g	per portion (55 g)*
Energy kJ (kcal)	1598 (377)	879 (207)
Fat	1,3 g	0,7 g
of which saturates	0,7 g	0,4 g
Carbohydrate	72 g	39 g
of which sugars	40 g	22 g
Protein	19 g	11 g
Salt	0,46 g	0,25 g
Vitamins and Minerals	per 100 g	per portion (55 g)*
Thiamin	0,68 mg (62%**)	0,37 mg (34%**)
Riboflavin	0,82 mg (59%**)	0,45 mg (32%**)
Niacin	7,9 mg (49%**)	4,3 mg (27%**)
Vitamin B6	0,69 mg (49%**)	0,38 mg (27%**)
Folic acid	135 µg (68%**)	74,3 µg (37%**)
Vitamin B12	2,0 µg (80%**)	1,1 µg (44%**)
Biotin	25 µg (49%**)	14 µg (27%**)
Pantothenic acid	2,0 mg (33%**)	1,1 (18%**)
Magnesium	203 mg (54%**)	112 mg (30%**)
Zinc	4,4 mg (44%**)	2,4 mg (24%**)
Copper	0,55 mg (55%**)	0,30 mg (30%**)

* per 55 g serving when mixed with 200 ml water

** % Nutrient Reference Values



TECHNICAL INFORMATION

1210 g Jar

Flavour	SKU	EAN Jar	EAN Case
■ Chocolate	24300202	4029679672772	4029679672789

6 jars per case

20 sachets per box

Store in a cool, dry place.
Sold by weight, not volume

Distributor: Active Nutrition International GmbH
Zielstattstraße 42
D-81379 München
Phone +49 (0)89 502 0070 www.powerbar.com



This information is presented for illustrative purposes only. Any specifications and values on the actual product packaging will always take precedence over any factsheet guidelines.

