

# POWERBAR RECOVERY MAX

The carbohydrate-protein drink for highest demands.



## FLAVOURS

■ Chocolate

■ Raspberry



## PRODUCT DESCRIPTION

In order to make the most of your training or competition, optimal recovery is key. PowerBar RECOVERY MAX Advanced regeneration drink was developed on the basis of sports nutrition scientific findings. The powder combines high glycemic carbohydrates with protein. Carbohydrates help refuel your energy tanks (glycogen stores) and protein supports growth and maintenance of muscle mass. In addition to zinc and magnesium, ingredients of the highest quality such as whey protein and oatmeal are contained.

- ✓ **Up to 10 g premium protein per portion**
- ✓ **High glycaemic carbohydrates (like maltodextrin from corn) and high quality oat flour**
- ✓ **Mith zinc and magnesium. Zinc contributes to the normal function of the immune system and magnesium contributes to a reduction of tiredness and fatigue**
- ✓ **No antioxidant vitamins, in order not to hinder training-induced adaptations in the body**
- ✓ **Free from artificial flavours, preservatives, sweeteners (according to law), stabilizers and thickeners**
- ✓ **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<sup>®</sup>, and as a result we can offer athletes even more security and trust.



## SUGGESTED USAGE

1-2 portions per day, immediately after sport.

After light exercise: 1 portion. After intense exercise: 2 portions.

Mixing instruction (1 portion): Mix 44 g (approx. 3 dosing spoons - included) with 125 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, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.



# POWERBAR RECOVERY MAX

## Chocolate Flavour



### INGREDIENTS

Maltodextrin (43%), whey protein (**milk**) (22%), sugar, skimmed **milk** powder, fat reduced cocoa powder (6%), **oat** flour (2%), natural flavouring, magnesium carbonate, zinc citrate, salt, emulsifier (lecithins).

May contain: **soy**.

### LEGAL DENOMINATION

Carbohydrate protein powdered drink mix for adult athletes with magnesium and zinc

Chocolate flavour

### NUTRITION INFORMATION

Nutrition Information	per 100 g	per 1 portion (44 g)*	per 2 portions (88 g)**
Energy kJ (kcal)	1598 (377)	703 (166)	1406 (332)
Fat	2,2 g	1,0 g	1,9 g
of which saturates	0,9 g	0,4 g	0,8 g
Carbohydrate	65 g	29 g	57 g
of which sugars	24 g	11 g	21 g
Protein	23 g	10 g	20 g
Salt	0,73 g	0,32 g	0,64 g
Magnesium	217 mg (58%***)	95,5 mg (25%***)	191 mg (51%***)
Zinc	5,9 mg (59%***)	2,6 mg (26%***)	5,2 mg (52%***)

\* Per 44 g in 125 ml water

\*\* Per 88 g in 250 ml water

\*\*\* % Nutrient Reference Value



# POWERBAR RECOVERY MAX

## Raspberry Flavour



### INGREDIENTS

Maltodextrin (51%), whey protein (**milk**) (29%), sugar, oat flour (2%) acidity regulator (citric acid), magnesium carbonate, zinc citrate, salt, natural flavouring, colour (beetroot red), emulsifier (lecithins).  
May contain: **soy**.

### LEGAL DENOMINATION

Carbohydrate protein powdered drink mix for adult athletes with magnesium and zinc  
-  
Raspberry flavour

### NUTRITION INFORMATION

Nutrition Information	per 100 g	per 1 portion (44 g)*	per 2 portions (88 g)**
Energy kJ (kcal)	1599 (377)	704 (166)	1407 (332)
Fat	1,8 g	0,8 g	1,6 g
of which saturates	0,6 g	0,3 g	0,5 g
Carbohydrate	66 g	29 g	58 g
of which sugars	20 g	8,8 g	18 g
Protein	23 g	10 g	20 g
Salt	0,60 g	0,26 g	0,53 g
Magnesium	189 mg (50%***)	83,2 mg (22%***)	166 mg (44%***)
Zinc	5,6 mg (56%***)	2,5 mg (25%***)	4,9 mg (49%***)

\* Per 44 g in 125 ml water

\*\* Per 88 g in 250 ml water

\*\*\* % Nutrient Reference Value



## TECHNICAL INFORMATION

### 1144 g jar

Flavour	SKU	EAN Jar	EAN Case
■ Chocolate	24810201	4029679672734	4029679672741
■ Raspberry	24819601	4029679672710	4029679672727

### 88 g pouch

Flavour	SKU	EAN Pouch	EAN Box	EAN Case
■ Raspberry	24829601	4029679672758	4029679672765	4029679673533

6 jars per case

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20 pouches per box

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

**Distributor:** Active Nutrition International GmbH  
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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.

