MINI ENERGY FIGS AND DATES LINEA TECNICA®

FRUIT-BASED MINI ENERGY BAR SUITABLE FOR ATHLETES

HUNGER DURING TRAINING OR COMPETITION

- GLUTEN FREE
- EXCELLENT DIGESTIBILITY
- NATURAL AND PLEASANT FLAVOUR
- SOFT AND EASY TO CHEW
- 75 KCAL WITH SEQUENTIAL RELEASE, IN JUST 20 G

PACKAGING: 49 BARS, 20 g EACH

FLAVOUR: FIGS AND DATES

RECOMMENDED FOR

- Energy supply for all occasions
- Quick energy food during sport
- Suitable also for very young people

FEATURES

MINI ENERGY FIGS and DATES is an energy bar completely made of dehydrated fruits, and is excellent to provide a quick and long-lasting energy supply before and during training.
MINI ENERGY FIGS and DATES has a great taste, is easy to chew and maintains its features unaltered even in critical situations.
MINI ENERGY FIGS and DATES' small dimensions and perfect digestibility are two fundamental features of this product. MINI ENERGY is a completely GLUTEN FREE product line.

Warnings: store in a cool dry place, away from heat sources. The expiry date applies to the product in its intact container when stored as directed.

HOW TO USE AND RECOMMENDED DAILY DOSAGE

BEFORE
Take it about 60 minutes before starting an intense activity, preferably with a little water.

DURING
Long races: take it every hour with a little water.
Medium races: take it before getting halfway through the race, with a little water.

INGREDIENTS

Pasta di fichi (Ficus carica)(46.5%), Pasta di datteri (Phoenix dactylifera) (46.5%), Olio di semi di girasole, Acido citrico (regolatore di acidità). Può contenere tracce di: derivati del latte, uova, soia, frutta a guscio, arachidi e semi di sesamo, solfiti

NUTRITIONAL INFORMATION

	Per 100 g	Per bar (20 g)
Energy		
kcal	360.4	71.2
kJ	1519.6	303.9
Typical Values		
Fat	7.3 g	1.5 g
of which saturates	3.3 g	0.6 g
Carbohydrate	67.9 g	13.6 g
of which sugars	60 g	12 g
Fiber	5.5 g	1.1 g
Protein	0.6 g	2.9 g
Salt (Nax2.5)	0.56 g	0.11 g

WHEN TO USE MINI ENERGY FIGS AND DATES

Product and brand owned by ES Italia S.r.l.