



***FIND THE RIGHT
PRODUCT FOR YOU***

PowerBar®

www.PowerBar.com

BEFORE SPORTS *BE SUFFICIENTLY HYDRATED AND FUELED BEFORE YOU START.*

For better performance and endurance

ISOACTIVE



ISOMAX



5ELECTROLYTES



MIX & DRINK

*Taking part in an intense training session or a competition? Then choose your favourite products from the **golden range** to top up your energy “tank” before sports. Many of these products contain **C2MAX** – a carbohydrate mix with a 2:1 ratio of glucose and fructose sources.*

POWERGEL SHOTS



ENERGIZE



ENERGIZE WAFER



ENERGIZE MUFFIN



BITE

PERFORMANCE SMOOTHIE



SWALLOW

CAFFEINE BOOST



DRINK

Energy for your day

You love sport and want to provide your body with a tasty and nutritious product before exercise? Ride Energy and Natural Energy are great choices to prepare your body for exercise.

RIDE ENERGY



NATURAL ENERGY CEREAL BAR



NATURAL ENERGY FRUIT BAR



BITE

1 BEFORE

DURING SPORTS STOCK UP ON ENERGY AND FLUIDS DURING SPORTS TO REACH YOUR GOALS.

For better performance and endurance

ISOACTIVE



ISOMAX



5ELECTROLYTES



MIX & DRINK

*Taking part in an intense training session or a competition? Your body uses carbohydrate as its primary energy source during exercise. Top up your need for carbohydrate with the **golden range**. Many of these products contain **CEMAX** – a carbohydrate mix with a 2:1 ratio of glucose and fructose sources.*

POWERGEL SHOTS



ENERGIZE



ENERGIZE WAFER



ENERGIZE MUFFIN



BITE

POWERGEL



POWERGEL HYDRO



PERFORMANCE SMOOTHIE



SWALLOW

CAFFEINE BOOST



DRINK

Energy for your day

You love sport and want to provide your body with a tasty and nutritious product during exercise? Then Ride Energy or Natural Energy are great choices for you to top up your energy “tank” during exercise.

RIDE ENERGY



NATURAL ENERGY CEREAL BAR



NATURAL ENERGY FRUIT BAR



BITE

2
DURING

AFTER SPORTS *GIVE YOUR BODY THE RIGHT NUTRIENTS AFTER SPORTS FOR AN OPTIMAL RECOVERY PROCESS.*

Optimize your training success

PROTEIN PLUS 92%



PROTEIN PLUS 80%



ALL IN ONE



RECOVERY



PROTEIN PLUS SPORTS MILK



PROTEIN PLUS SPORTS FRUICY



Want to recover after exercise or support the bodies adaptations to training?

*Then provide your body with fluids, protein and/or carbohydrates combined in the different formats of the **blue** range.*

MIX & DRINK

READY TO DRINK

PROTEIN PLUS 30%



PROTEIN PLUS 33%



PROTEIN PLUS 52%



PROTEIN PLUS + L-CARNITIN



PROTEIN PLUS + MINERALS



PROTEIN PLUS LOW SUGAR



PROTEIN PLUS REDUCED IN CARBS



NATURAL PROTEIN



BITE

3
AFTER

SUPPLEMENTS *REALISE YOUR FULL POTENTIAL WITH TARGETED SUPPLEMENTATION.*

TARGETED AND SPECIFIC SUPPLEMENTATION

**CREATINE
POWDER**



**BETA ALANINE
TABLETS**



**MAGNESIUM
LIQUID**



**L-CARNITIN
LIQUID**



**AMINO MEGA
LIQUID**



Are you an ambitious athlete who wants to achieve their full potential?

Targeted training supported by the use of our high quality supplements can make all the difference.

MORE INFORMATION

www.PowerBar.com



START

FINISH

*A SPORTS NUTRITION STRATEGY HELPS YOU GET MORE OUT OF YOUR BODY.
LEARN MORE ABOUT WHAT TO USE AND WHEN IN ORDER TO IMPROVE YOUR PERFORMANCE IN TRAINING AND RACES.*

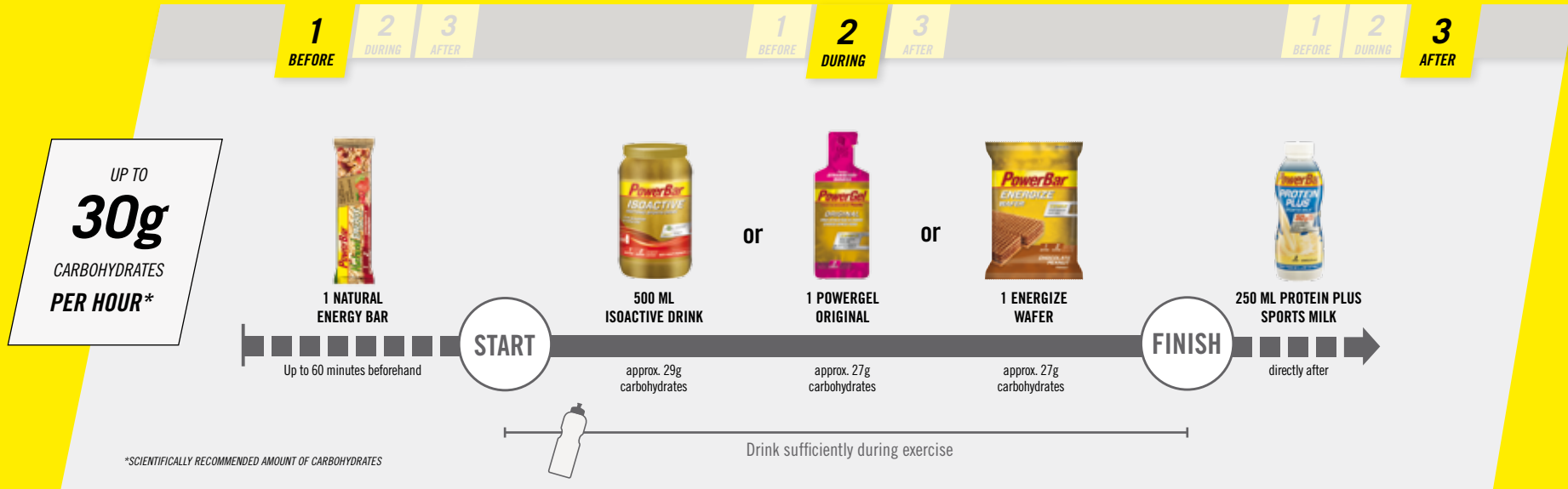
***FIND YOUR RIGHT
STRATEGY***

PowerBar®

www.PowerBar.com

ENDURANCE SPORTS SPORTS NUTRITION STRATEGY PER 1 - 2 HOURS

1-2
HOURS



ENDURANCE SPORTS

SPORTS NUTRITION STRATEGY PER 2 - 3 HOURS

2-3
HOURS

UP TO
60g
CARBOHYDRATES
PER HOUR*

1
BEFORE

2
DURING

3
AFTER

1
BEFORE

2
DURING

3
AFTER

1
BEFORE

2
DURING

3
AFTER



1 PERFORMANCE
SMOOTHIE

Up to 60 minutes beforehand

START



750 ML
ISOMAX DRINK

approx. 44g
carbohydrates



1/2 ENERGIZE
BAR

approx. 20g
carbohydrates

or



500 ML
ISOACTIVE DRINK

approx. 29g
carbohydrates



5 POWERGEL
SHOTS

approx. 27g
carbohydrates

FINISH



1 NATURAL
PROTEIN BAR

directly after

*SCIENTIFICALLY RECOMMENDED AMOUNT OF CARBOHYDRATES

Drink sufficiently during exercise

ENDURANCE SPORTS

SPORTS NUTRITION STRATEGY PER > 3 HOURS



FOOTBALL SPORTS NUTRITION STRATEGY FOR A MATCH



MATCH

MORE INFORMATION

www.PowerBar.com