

ENERGY GOLD LINEA TECNICA®

FOOD ESPECIALLY DESIGNED FOR PEOPLE WHO PLAY SPORTS



HUNGER DURING TRAINING OR COMPETITION



- SUSTAINED AND DISTRIBUTED ENERGY
- HIGH ENERGY CONTENT (132 KCAL)
- GREAT-TASTING AND HIGHLY DIGESTIBLE
- SOFT AND PALATABLE
- PALM OIL FREE

PACKAGING: 30 BARS, 35 g EACH

FLAVOUR:
ALMOND AND ORANGE

RECOMMENDED FOR

SUITABLE FOR ALL SPORTS

- Hunger during training or competition
- Pre-race energy store

WHEN TO USE ENERGY GOLD



Warnings: store in a cool and dry place. The expiration date applies to the product in its intact container when stored as directed.

INDICATIONS

ENERGY GOLD bar is recommended to provide solid energy before and during training. It provides a rapid and sustained energy supply. New Energy bars are easily digestible, great-tasting, easy to chew and keep their features unaltered even in critical situations.

HOW TO USE AND RECOMMENDED DAILY DOSE

BEFORE

At least 60-90 minutes before starting an intense activity, with a little water.

DURING

Long races: take it every 1.5 - 2 hrs with a little water. Medium-length races: take it at half of the race with a little water.

INGREDIENTS

Almond paste (sugar, almonds, invert sugar syrup, glucose syrup, stabilizer: sorbitol, alcohol), orange dough (orange juice, fructose, sugar, apple puree, orange puree, natural flavors) rice crispies (rice, sugar, malt, salt), candied orange (orange peel, glucose-fructose syrup, sugar, acidifier: citric acid, preservative: sulfur dioxide), wafers (potato starch, water, vegetable oil), preservative: potassium sorbate. Contains gluten, may contain soy traces.

ADVICE

Each person have their own different absorption times and energy needs, according to their metabolism and level of training. Therefore, for optimal effectiveness during competitions, it is recommended to take ENERGY GOLD first during training sessions.

NUTRITIONAL INFORMATION

	Per 100 g	Per bar (35 g)
Energy		
kcal	377	132
kJ	1606	562
Typical Values		
Fat	8 g	2.8 g
of which saturates	0.7 g	0.2 g
Carbohydrate	69 g	24.1 g
of which sugars	47 g	16.4 g
Fiber	6.5 g	2.3 g
Protein	5 g	1.7 g
Salt (Nax2.5)	300 mg	105 mg