

ENERGY SPECIAL LINEA TECNICA®

FOOD ESPECIALLY DESIGNED FOR PEOPLE WHO PLAY SPORTS



FLAVOUR: PEANUTS, PISTACHE NUTS, CRANBERRIES

- HIGH ENERGY INTAKE (177 Kcal)
- EXCELLENT TASTE AND DIGESTIBILITY
- NEW SWEET-SAVOURY FLAVOUR
- PALM FAT FREE

RECOMMENDED FOR

SUITABLE FOR ALL SPORTS

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



PACKAGING: 30 BARS, 35 g EACH

INDICATIONS

ENERGY SPECIAL is useful to provide energy before and during exercise. It allows for quick and sustained energy release and is easy to chew and digest. ENERGY SPECIAL has a "special" flavour: a perfect balance between sweet and savoury.

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

Peanuts 37.4%, rice syrup, rice crisps (rice flour, wheat **gluten**, sugar, wheat malt, glucose, salt), **almonds** 10.5%, sweetened dried cranberries 4.5% (pineapple juice syrup, cranberries, sunflower oil), sesame seeds, pistache nuts 2.2%, chia seeds (salvia hispanica) 2.2%, blueberries 1.1%, sunflower oil, salt, flavours. Contains gluten, nuts, peanuts and sesame.

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 SPECIAL first during training sessions.

WHEN TO USE ENERGY SPECIAL



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

NUTRITIONAL INFORMATION

	Per 100 g	Per bar (35 g)
Energy		
kJ	2117	741
Kcal	507	177
Typical Values		
Fat	28.4 g	9.9 g
of which saturates	4.8 g	1.7 g
Carbohydrate	44.8 g	15.7 g
of which sugars	23.6 g	8.3 g
Fiber	6.0 g	2.1 g
Protein	15.0 g	5.3 g
Salt (Nax2.5)	0.72 g	0.25 g