



Sanct Bernhard Sport Energy Rice Bar Mango

72 % carbohydrates A boost from nature

Unlike no other bar, Energy Rice Bar provides large amounts of high rice and oatmeal proportions from natural sources. The easily digestible rice crispies, the high amount of carbohydrates and the fruity mango flavor gives you an energy boost when highest performance is required. Also suitable for cold weather. **Contains no ingredients with lactose.**

Ingredients: Oat Flakes, Glucose Syrup, Invert Sugar Syrup, Rice Crispies (14,8 %) (Rice Flour, **Wheat Gluten**, Sugar, **Wheat Malt**, Glucose, Salt), Raisins, Sugar, Hydrogenated Vegetable Fat (Palm Oil), Maltodextrin, Mango Pieces (3.1 %) (Mango, Sugar, acidifier Citric Acid), **Wheat Starch**, emulsifier **Soya Lecithin**, Salt, Flavorings.

May contain traces of milk proteins.

Average nutritional values	per 100 g	per bar (50g)
energy	1602 kJ (380 kcal)	801 kJ (190 kcal)
fat	7.0 g	3.5 g
- of which are saturated fatty acids	2.6 g	1.3 g
carbohydrates	72.4 g	36.2 g
- of which are sugars	35.2 g	17.6 g
protein	4.6 g	2.3 g
salt	0.6 g	0.3 g
sodium	0.24 g	0.12 g

Note for diabetics: bread units 1 bar 50g = 3 bread units (BU)

Contents 50 g

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