



# Maxim Energy Bar

## - Cappuccino with caffeine

The Maxim Energy Bar is packed with carbohydrates. These delicious, high-carbohydrate (70%), fat-reduced bars contain fruit, cereal, oat, rice, glucose syrup and maltodextrin. Carbohydrates are the main energy source for your muscles during exercise. The combination of fast and slow carbohydrates provides an immediate and continuous energy supply.

Consume a Maxim Energy Bar 2 to 3 hours before exercise and you're full of go! The Maxim Energy Bar is also suitable as an energy snack during long endurance exercise or during tournament days between games.

Maxim Energy Bar for tasty and healthy energy at any time.



### How to use

#### Before exercise

You can use a Maxim Energy Bar to top off your energy levels before exercise. One bar gives you up to 40 g carbohydrates.

#### During exercise

Maxim Energy Bar is an excellent energy source during long and intensive endurance exercises. For example: road cycling, mountain biking, hiking, running, cross-country skiing etc. Make sure you take some Energy Bars with you and consume the first bar after 1 to 1,5 hours of exercise. Take a second bar after 2,5 to 3 hours.

The Maxim Energy Bar is also ideal on tournament days, for example tennis, hockey, swimming, skiing tournaments etc. Eat an Energy Bar between games and you will feel fit and energetic all day.

#### During the day

The Maxim Energy Bar is also a healthy alternative for candy bars. A lot of people eat candy bars for a quick snack on the road, on events or when there is little time to eat. These candy bars often contain a lot of fat. Maxim Energy Bar, however, contains no more than 5 g fat per bar. Digestion goes quickly because the ingredients have already been processed in such a way that your stomach will have no problems digesting it. The Maxim Energy Bar will give you the immediate energy that you need. Make sure you always have an Energy Bar with you in your bag, purse or car in times you are in need of a healthy energy snack.



Nutritional Value	Per 100g	Per bar (55 g)
Energy	1656 kJ/392 kcal	911 kJ/216 kcal
Protein	5,3 g	2,9 g
Carbohydrates	71,3 g	39,2 g
- of which sugars	33,7 g	18,5 g
Fat	9,1 g	5,0 g
- of which saturated fat	4,7 g	2,6 g
Fibre	1,9 g	1,0 g
Sodium	0,14 g	0,08 g
Vitamin B1	0,60 mg (55%*)	0,33 mg (30%*)
Vitamin B2	0,75 mg (55%*)	0,4 mg (30%*)
Niacin	8,8 mg (55%*)	4,8 mg (30%*)
Pantothenic acid	3,3 mg (55%*)	1,8 mg (30%*)
Vitamin B6	0,77 mg (55%*)	0,42 mg (30%*)
Biotin	27,5 mcg (55%*)	15,1 mcg (30%*)
Vitamin B12	1,37 mcg (55%*)	0,75 µg (30%*)
Vitamin C	44 mg (55%*)	24,2 mg (30%*)
Vitamin E	6,8 mg (57%*)	3,8 mg (32%*)

\* percentage of the RDA (Recommended Daily Allowance)

### Ingredients

Rice crisps (16,9% - rice flour, wheat gluten, sugar, wheat malt, dextrose, salt), invert sugar syrup, glucose syrup, oat flakes (14,9%), milk chocolate (9,1%- sugar, cocoa butter, whole milk powder, cocoa mass, emulsifier: soy lecithin, flavours), rice flour, sugar, dextrose, vegetable fat, cappuccino crisps (2% - skim milk powder, sugar, coffee, modified starch: E4214, maltodextrin), cream powder, maltodextrin, emulsifier (soy lecithin), flavours, caffeine (0,11%), salt, vitamins (B1, B2, niacin, pantothenic acid, B6, biotin, B12, C, E).

### Allergens

Contains: gluten, milk and soy

Produced in a facility that processes wheat, corn, gluten, milk (including lactose), soy, peanut, nut, cocoa and sesame seed.