

# SQUEEZY<sup>®</sup> PERFORMANCE

UPGRADE YOURSELF

## SQUEEZY BARS



# SQUEEZY BARS

SQUEEZY products are the ideal choice for athletes, seeking peak performance. All SQUEEZY products are produced without unnecessary ingredients. SQUEEZY BARS satisfy all requirements for special endurance activities and are your reliable partner during training and competition.

Long lasting expertise and steady development of new and innovative products is what SQUEEZY stands for as well as high quality - made in Germany.



# THE MAIN ADVANTAGES OF THE SQUEEZY BARS:

- 1) SQUEEZY BARS are easy to consume even during intensive exercise and taste great. Further they have a pleasant consistency.
- 2) The bars are high in carbohydrates and have a low proportion of fat.
- 3) The SQUEEZY ENERGY BAR and the SQUEEZY ENERGY SUPER BAR are free of lactose.
- 4) SQUEEZY BARS are available for all phases of sports.



# THE BEST CHOICE FOR EVERYONE

## THE SQUEEZY BAR ASSORTMENT



The carbohydrate rich energy bar is the ideal snack before, during and after activity. The bar is free of lactose, only has 4.8 g fat and contains 74 g of carbohydrate per 100 g. Flavour: fruit.



The SQUEEZY ENERGY SUPER BAR contains 50 mg caffeine per bar - this corresponds to a half cup of coffee. As well as the SQUEEZY ENERGY BAR it is free of lactose and suitable for all phases of sports. Flavour: cola + caffeine.



The SQUEEZY FITNESS BAR (50 g) combines crisped rice and a delicate chocolate glaze to an intensively taste experience. The bar contains 67 % carbohydrates and fills up the glycogen reservoirs of the body at any time of sporting activities. Flavour: chocolate.

Tip: tasty as an usual chocolate bar but only 12 g of fat.



The SQUEEZY RECOVERY BAR (50 g) contains 30 % proteins and 44 % carbohydrates. Very delicious! Flavour: vanilla with chocolate glaze.

# NUTRITIONAL VALUES

<b>SQUEEZY BARS</b>	<b>ENERGY</b> (1 bar)	<b>ENERGY</b> (100 g)	<b>ENERGY SUPER</b> (1 bar)	<b>ENERGY SUPER</b> (100 g)
Energy	770 kJ (182 kcal)	1,541 kJ (364 kcal)	743 kJ (175 kcal)	1,486 kJ (350 kcal)
Protein	2.4 g	4.9 g	2.6 g	5.3 g
Carbohydrates	37 g	74 g	38 g	76 g
- of this sugar	20 g	40 g	20 g	39 g
Fat	2.4 g	4.8 g	1.1 g	2.3 g
- of this saturated fatty acids	0.90 g	1.8 g	0.20 g	0.40 g
Fibres	1.8 g	3.7 g	1.6 g	3.2 g
Sodium	0.08 g	0.15 g	0.08 g	0.17 g
Caffeine	0 mg	0 mg	51 mg	101 mg

## INGREDIENTS

### SQUEEZY ENERGY BAR\*:

Rice crisps 18,5 % (rice flour, wheat gluten, sugar, wheat malt, glucose, salt), oat flakes 18,5 %, invert sugar syrup, glucose syrup 14,1 %, raisins 12 %, sugar, apricot pieces 5.4 % (fructose-glucose syrup, apricot purée concentrate, humectant (glycerol), sugar, wheat fibre, vegetable fat, gelling agent (pectin), acidity regulator (citric acid), antioxidant (ascorbic acid), flavours), glucose, palm fat, candied orange peel 2,2 % (orange peel, sugar, glucose-fructose syrup, acidity regulator (citric acid)), maltodextrin, emulsifier (soy lecithin), flavours, acidulant (citric acid), salt

### SQUEEZY ENERGY SUPER BAR\*:

oat flakes, rice crisps 19 % (rice flour, wheat gluten, sugar, wheat malt, glucose, salt), invert sugar syrup, glucose syrup, raisins 14 %, sugar, glucose, extruded corn flakes 3,3 % (corn flour, wheat flour, sugar, wheat malt, salt, flavours), maltodextrin, soy oil, flavours, acidulant (citric acid), salt, caffeine: 0.10 %

\*Allergy advice: May contain traces of milk, nuts, peanuts and sesame.

# NUTRITIONAL VALUES

SQUEEZY BARS	FITNESS (1 bar)	FITNESS (100 g)	RECOVERY (1 bar)	RECOVERY (100 g)
Energy	874 kJ (207 kcal)	1,747 kJ (415 kcal)	839 kJ (199 kcal)	1,678 kJ (398 kcal)
Protein	4.4 g	8.7 g	15 g	30 g
Carbohydrates	34 g	67 g	22 g	44 g
- of this sugar	14 g	29 g	15 g	30 g
Fat	5.9 g	12 g	5.7 g	11 g
- of this saturated fatty acids	3.1 g	6.1 g	3.3 g	6.6 g
Fibres	1.7 g	3.4 g	0.20 g	0.40 g
Sodium	0.02 g	0.04 g	0.04 g	0.08 g
Potassium	150 mg	300 mg		

## INGREDIENTS

### SQUEEZY FITNESS BAR\*:

full-cream milk chocolate coating (sugar, cocoa butter, full cream milk powder, cocoa mass, emulsifier soy lecithin, flavour), oat flakes, glucose syrup, fructose syrup, modified starch, maltodextrin, dextrose, milk protein, low-fat cocoa powder, wetting agent glycerine, crisped rice and wheat (rice flour, wheat flour, sugar, malt, salt), vegetable fat, sweet whey powder, caramel, flavour

### SQUEEZY RECOVERY BAR\*:

milk protein, glucose syrup, full-cream milk chocolate coating (sugar, cocoa butter, full cream milk powder, cocoa mass, emulsifier soy lecithin, flavour), fructose syrup, hydrolyzed collagen, dextrose, vegetable fat, flavour, salt, egg white powder

**\*Allergy advice:** May contain traces of milk, nuts, peanuts and sesame.