

<p>PowerBar Protein Plus 30%, 55g Bar</p>	<ul style="list-style-type: none"> • Contains 16.7g protein (sports nutrition guidelines are for 10g post exercise). • Ideal for post exercise recovery <ul style="list-style-type: none"> ○ Especially resistance (weight) training or similar (e.g. tackling). • Snacking for those watching their weight <ul style="list-style-type: none"> ○ high protein, low fat / calorie ○ makes them feel 'full' therefore less likely to snack.
<p>PowerBar NATURAL Long Lasting Energy, 40g Bar</p>	<ul style="list-style-type: none"> • Provides energy • Predominantly before or during training • Also aimed at the weight or figure conscious customer – a healthy alternative to biscuits or chocolate.
<p>PowerBar Ride Shots</p>	<ul style="list-style-type: none"> • Free samples • Readily accessible energy, ideal for during exercise. • Also contain caffeine for alertness / focus.
<p>PowerBar ProteinPlus 50%, 500 ml</p>	<ul style="list-style-type: none"> • Ready to drink protein shake. • Therefore ideal for those wishing to purchase a ready made drink to take away. • Contains protein in large quantities. • Ideal for post exercise (particularly strength and power training). • Also ideal as a liquid meal – for those losing weight, as a replacement or snack.
<p>Science in Sport Mini Go Bar</p>	<ul style="list-style-type: none"> • Provides energy • Predominantly before or during training • Convenient product (i.e. if too busy to plan a meal, caught short without an energy drink).
<p>SIS Go Electrolyte Sachets</p>	<ul style="list-style-type: none"> • Contain energy and electrolytes. • Useful for before and during training. • Electrolytes for those training indoors (e.g. fitness classes, SPINNING, swimming) and / or heavy sweaters. <ul style="list-style-type: none"> ○ Replaces salt losses for optimal hydration
<p>SIS REGO Recovery</p>	<ul style="list-style-type: none"> • Combination of protein and carbohydrate drink • Ideal post exercise recovery for GENERAL TRAINING – endurance sessions included. <ul style="list-style-type: none"> ○ Carbohydrate for energy / fuel store replacement ○ Protein for muscle growth and repair. • Liquid food – ideal if nauseous after training and solids aren't tolerated
<p>SIS Build Bar</p>	<ul style="list-style-type: none"> • Contains 20g protein (sports nutrition guidelines are for 10g post exercise). • Ideal for post exercise recovery <ul style="list-style-type: none"> ○ Especially resistance (weight) training or similar (e.g. tackling). • Snacking for those watching their weight <ul style="list-style-type: none"> ○ high protein, low fat / calorie ○ makes them feel 'full' therefore less likely to snack.