

FLAPJACK

HERO 
TECH NUTRITION



CHOCOLATE

CHOCOLATE CHIP

WHITE CHOCOLATE

CHERRY & ALMOND

YOGHURT

TOFFEE

MOIST SULTANA

DESCRIPTION

FLAPJACK HERO Tech Nutrition® is a delicious mixture of oats with a great source of complex carbohydrates.

FLAPJACK is an ideal snack for any athlete also supplement your diet increase lean muscle mass, looking for a power supply before any competition or hard training.

FLAPJACK inject energy into any endurance athlete you want to recover as much as immediate delivery during their workouts long lasting.

FLAPJACK uses the juicy rolled oats malted for sustained release complex carbohydrates to help your body cope with the demands of intense and lasting moments of training.

FLAPJACK is a healthy athletic snack for those who are interested in a disciplined style of sport life.

FLAPJACK is also ideal for those seeking a delicious snack or a healthy snack to take a moment with healthy macronutrients.

PRESENTATION

FLAPJACK 120 g is presented in a **display with 30 units**.

DIRECTIONS

It can be taken before a workout, for breakfast before the competition or simply as a mid-morning snack.

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Flavor: CHERRY & ALMOND

NUTRITIONAL INFORMATION: Per 100g; Energy 1917 kJ / 461 kcal; fat 22.2g; Of which saturates 6.65g; carbohydrates 58.8g; of which sugars 22.9g; fiber 3.7g; protein 4.7g; Salt 0.6g. **INGREDIENTS:** *Oats (gluten)* (52%), margarine (contains palm oil, rapeseed oil, water, salt), sugar, white chocolate coating (10%) (contains whey powder (*milk*), *wheat flour (gluten)*, emulsifier (*soy lecithin*), flavor), invert sugar, molasses, cherries (4%) (Contains: preservatives (potassium sorbate, *sulfur dioxide*), dye (erythrosine)), *almond* flavor. **WARNING:** May contain cherry stems and stones.

Flavor: CHOCOLATE

NUTRITIONAL INFORMATION: Per 100g; Energy 1917 kJ / 461 kcal; fat 22.6g; Of which saturates 6.9g; carbohydrates 56.8g; of which sugars 24.1g; Fiber 3.8g; protein 4.7g; Salt; 0.6g. **INGREDIENTS:** *Oats (gluten)* (52%), margarine (contains palm oil, rapeseed oil, water, salt), chocolate flavored coating (10%) (contains whey powder (*milk*), defatted cocoa powder, *wheat flour (gluten)*, emulsifier (*soy lecithin*), flavoring), sugar, invert sugar syrup, molasses.

Flavor: WHITE CHOCOLATE

NUTRITIONAL INFORMATION: Per 100g; Energy 1917 kJ / 461 kcal; 22.6g fat; Of which saturates 6.9g; carbohydrates 56.8g; of which sugars 24.1g; Fiber 3.8g; protein 4.7g; Salt; 0.6g. **INGREDIENTS:** *Oats (gluten)* (52%), margarine (contains palm oil, rapeseed oil, water, salt), flavor white chocolate coating (10%) (contains whey powder (*milk*), *wheat flour (gluten)*, emulsifier (*soy lecithin*), sugar, invert sugar syrup, molasses.

Flavor: MOIST SULTANA

NUTRITIONAL INFORMATION: Per 100g; Energy value 1863kJ / 444kcal. Fats 22,12g (Of which saturated fats 6.68g). Carbohydrates 56.61g (Of which sugars 21.37g). Fiber 3.89g. Proteins 4.80g. Salt 0.58g. **INGREDIENTS:** *Oats (gluten)* (52%), vegetable margarine (Contains: Palm oil, rapeseed oil, water, salt), sugar, inverted sugar syrup, cane molasses, sultanas (4%). **WARNING:** May contain sultana stalks.

Flavor: YOGHURT

NUTRITIONAL INFORMATION: Per 100g; Energy 1870 kJ / 461 kcal; fat 22.0g; Of which saturates 6.5g; carbohydrates 57.0g; of which sugars 19.0g; Fiber 3.8g; protein; 5.0g; salt 0.52g. **INGREDIENTS:** *Oats (gluten)* (52%), margarine (contains palm oil, rapeseed oil, water, salt), yogurt flavored coating (10%) (contains whey powder (*milk*), yogurt powder, *wheat flour (gluten)*, emulsifier (*soy lecithin*), sugar, invert sugar, cane molasses.

Flavor: CHOCOLATE CHIP

NUTRITIONAL INFORMATION: Per 100g; Energy 1917 kJ / 461 kcal; fat 22.6g ; Of which saturates 6.9g; carbohydrates 56.8g; of which sugars 24.1g; Fiber 3.8g; protein 4.7g; salt 0.6g. **INGREDIENTS:** *Oats (gluten)* (53%), margarine (contains palm oil, rapeseed oil, water, salt), sugar, invert sugar syrup, molasses, chocolate flavor small pieces (5%) (contains fat cocoa, wheat flour, *whey powder*, skim *milk* solids, emulsifier (*soy lecithin*, potassium alginate), flavor), invert sugar.

Flavor: TOFFEE

NUTRITIONAL INFORMATION: Per 100g; Energy 2022kJ / 482kcal. Fats 23.67g (Of which saturated fats 7.86g). Carbohydrates 62.43g (Of which sugars 24.74g). Fiber 3.82g. Protein 4.95g. Salt 0.65g. **INGREDIENTS:** *Oats (gluten)* (52%), vegetable margarine (Contains: Palm oil, rapeseed oil, water, salt), aroma (caramel coating 10%) Contains: Whey powder (*milk*), *wheat flour (gluten)*, defatted cocoa powder, emulsifier (*soy lecithin*), Aroma, Colorant (annatto)), sugar, inverted sugar syrup, cane molasses.

