

The Natural, Swedish Energy Bar "ENERGIKAKAN"



Gives you long lasting energy.

Give one reason why you should eat synthetic compounds if it's not necessary? Everything your body requires for peak performance you find naturally in the vegetable kingdom. The most important thing is not the amount of energy you get out of the things you eat, instead keep in mind the importance of a well balanced diet, and of course quality of the ingredients in ready made products.

Natural herbal ingredients.

Research done by University of Kalmar, Sweden, showed that the Energikakan is a natural supplement that covers up for your energy output. Vitamins – and minerals occur naturally in the ingredients of Energikakan, as well as antioxidants.

It is completely free from synthetic additives and cholesterol, and contains all essential amino acids. Further positive things with Energikakan are that it's rich in dietary fibres, Iron, Niacin, Phosphorus, Magnesium, and vitamin A and C.

In fact, this energy bar gives you as much energy as in two portions of porridge.

A well balanced composition of carbohydrates gives a stability of blood sugar. This means you have the energy to work or exercise for long periods of time.

In fact, 3 hours and 20 minutes per Energikakan!



ENERGIKAKAN AB

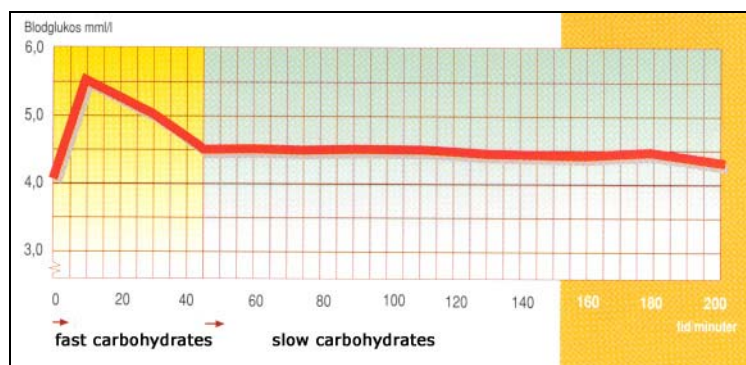
| POSTADDRESS MAILING ADDRESS NUMBER | BESÖKSADRESS VISITING ADDRESS | E-POST/E-MAIL info@energikakan.se | TELEFON/PHONE 0480 224 77 +46 480 224 77 | FAX 0480 224 77 +46 480 144 88 | ORGANISATIONSNUMMER VAT REGISTRATION 556510-3941 SE556510394101 |
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| Skeppsbron 11 SE-392 31 Kalmar | Skeppsbron 11 SE-392 31 Kalmar | INTERNET www.energikakan.se | | | |

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Why does Energikakan work?

Carbohydrates in food are digested with different speed, depending on their chemical composition, amount of fibres, and of course mechanical (chew) treatment. Energikakan contains both fast and slow types of carbohydrates. Mostly slow ones. The fast carbohydrates gives a quick increase in blood sugar, and continuously the slow ones are digested giving a stable blood sugar during a longer period of time. You'll feel fine eating the Energikakan!

"Table Blood sugar measurements"



Increase performance, during long time

How to use Energikakan

As energy loading: 1 Energikakan in the evening before competition and 1 Energikakan along with breakfast, or as breakfast.

Before competition: ½ Energikakan along with 3 – 4 dl of water.

During exercise/competition: 1/3 Energikakan every 30 minutes along with water or sports drink (preferably a sugar free one like Vitargo®).

Team Sports, as soccer: 1/3 Energikakan 60 minutes before match, 1/3 after warming up, 1/3 for half time.

Tennis, Cycling, Golf, Hiking, Running: Have a bite (piece), every 15 minutes or so, to secure a stable blood sugar. Drink water or sports drink, like Vitargo®.

School, work, daily activity: A smart thing to do, is to have one Energikakan in your trousers pocket, have a piece whenever you need it.

Weight loss: People trying to lose weight, can use Energikakan to secure a well balanced diet with correct energy sources, including vitamins and minerals, as the right amounts of Carbohydrates, Protein and Fat.

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The Natural, Swedish Energy Bar "ENERGIKAKAN"

Energikakan Original

Ingredients: Honey, oat, dried apple, dried apricot, rosehip, almond, sesame seed, soy.

Weight per bar: 65g.

Flavour: Dried fruit/Honey.

Packing size: 50 bars per display box



Nutritional information per 100g and (% RDI, Rec. Daily Intake)

Energy value 1500kJ (370kcal)

Protein 7,2g (15%)

Carbohydrate 65g (22%)

Of which

Mono/Disaccharides. 30g

Other carbohydrates. 35g

Fat (veg.) 7,7g (12%)

Saturated 0,9g

Monounsaturated 3,6g

Polyunsaturated 2,6g

Fibres 5,8g (23%)

Minerals and vitamins in % of RDI (Rec. Daily Intake)

Vitamin A 179µg (20%)

Vitamin B1 0,2mg (9%)

Vitamin B2 0,2mg (7%)

Vitamin B6 0,2mg (5%)

Vitamin C 25mg (27%)

Vitamin E 2,5mg (16%)

Niacin 4,2mg (15%)

Folic acid 17mcg (6%)

Biotine 3,1mcg (2%)

Pantothenic acid 0,5mg (4%)

Calcium 74mg (6%)

Iron 3,4mg (17%)

Phosphorus 206mg (17%)

Iodine 1,12mcg (0,4%)

Magnesium 97,6mg (21%)

Zinc 1,69mg (7%)

Manganese 1,5mg (34%)

Potassium 700mg (15%)

Sodium *8,5mg *equivalent to 0,021g NaCl (0,2%)

Copper 0,4mg (12%)

Fluor 62mcg (2%)

Chromium 2,8mcg (3%)

Selenium 0,5mcg (0,2%)

Molybdenum 32mcg (7%)

Storage: Dry, room temperature. Preferably, do not expose to sunlight. No synthetic additives.

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The Natural, Swedish Energy Bar "ENERGIKAKAN"

Energikakan Cacao

Ingredients: Honey, oat, dried apple, dried apricot, rosehip, sesame seed, cacao (5,8 %), veg. oil, soy.

Weight per bar: 65g.

Flavour: Cacao/Dried fruit.

Packing size: 50 bars per display box



Nutritional information per 100g and (% RDI, Rec. Daily Intake)

Energy value 1600kJ (390kcal)

Protein 8,9g (15%)

Carbohydrate 69g (25%)

of which

Mono/Disaccharides. 31g

Other carbohydrates. 38g

Fat (veg.) 7,7g (12%)

Saturated 1,8g

Monounsaturated 2,4g

Polyunsaturated 2,4g

Fibres 7,8g (23%)

Minerals and vitamins in % of RDI (Rec. Daily Intake)

Vitamin A 109µg (20%)

Vitamin B1 0,2mg (9%)

Vitamin B2 0,2mg (7%)

Vitamin B6 0,15mg (5%)

Vitamin C 23mg (35%)

Vitamin E 2,2mg (20%)

Niacin 4,2mg (15%)

Folic acid 17mcg (6%)

Biotine 3,1mcg (2%)

Pantothenic acid 0,5mg (4%)

Calcium 50mg (4%)

Iron 4,5mg (30%)

Phosphorus 270mg (30%)

Iodine 1,12mcg (0,4%)

Magnesium 132mg (40%)

Zinc 1,6mg (7%)

Manganese 1,5mg (34%)

Potassium 700mg (15%)

Sodium *17mg *equivalent to 0,043g NaCl (0,4%)

Copper 0,4mg (12%)

Fluor 62mcg (2%)

Chromium 2,8mcg (3%)

Selenium 0,5mcg (0,2%)

Molybdenum 32mcg (7%)

Storage: Dry, room temperature. Preferably, do not expose to sunlight. No synthetic additives.

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