



Key characteristics

- * Fairtrade certified
- * A good balance of high, medium and low Glycemic Index (GI) ingredients
- * Almonds are rich in essential fats
- * Cocoa is rich in antioxidant properties
- * Chocolate has flavonoids which help healthy blood flow and good blood pressure
- * Banana is high in potassium and Vitamin B6 which help muscles and nerves

Mule ReFuel™ Chocolate Banana provides an excellent balance of protein and carbohydrate which is the perfect combination to aid recovery from endurance adventures. The whey protein and almonds provide a great source of protein helping keep the hunger pangs at bay and building muscle. The combination of banana, almonds and chocolate is an excellent blend that tastes delicious.



ReFuel Chocolate Banana

Exercise Recovery Bar ...FairTrade chocolate & banana

Ingredients	Content %	GI index	GI rated	Nutrition
Rice Syrup	30%	100	High	Rice syrup is a high GI and high calorie energy source.
Whey Powder	23%	20	Low	High in protein, with no fat.
Banana	23%	50	Medium	High in fibre and carbohydrates. High in potassium which is essential for muscle contraction and nerve transmission. Bananas are an excellent source of Vitamin B6 which is required for the synthesis of the neurotransmitters serotonin and norepinephrine and for nerve transmission.
Almonds	14%	15	Low	Almonds are high in monounsaturated fat which can reduce the risk of heart disease. Almonds are high in Vitamin E and flavonoids which have an antioxidant effect on cells. High in magnesium and potassium which contributes to heart health as both minerals are required for muscle contraction and nerve transmission.
Rice Crisps	5%	77	High	Rice is an excellent source of carbohydrates. Rice is high in iron and B vitamins, folic acid, thiamin, and niacin. Rice is naturally free from sodium and cholesterol.
Cocoa	3%	20	High	Contains flavonoids (plant compounds with antioxidant properties) which help the body process nitric oxide, critical for healthy blood flow and blood pressure.
Chocolate Drops	2%	49	Medium	Contains soya lecithin which acts as a source of choline, and flavonoids which help dissolve fat and cholesterol.