



### 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

Mule ReFuel™ Chocolate Date is flavoured with dates, almonds and chocolate making this bar taste as if it is a reward after a long, endurance exercise. The high glycemic index (GI) rice syrup is balanced by the low GI whey protein and almonds to provide energy and essential nutrients immediately after training/adventure.



## ReFuel Chocolate Date.

Exercise Recovery Bar ...FairTrade chocolate date & almond

Ingredients	Content %	GI index	GI rated	Nutrition
Rice Syrup	30%	100	High	Rice syrup is a high GI and high calorie energy source.
Dates	24%	50	Medium	Dates are low calorie, high carbohydrate food that aid digestion. Dates are high in potassium, calcium, magnesium, phosphorus and Vitamin A.
Whey Powder	22%	20	Low	High in protein, with no fat.
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	Low	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.