

WHAT'S IN STORE THIS MONTH

TAKE 5 ENERGY BARS



Mule, £1.29 (£33 for box of 24)

MuleBars are part of a new generation of energy bars: they taste so good you could mistake them for confectionary. They have a chewy texture but are easy to eat and digest on the move. This is also a bar with real energy credentials. Behind that taste is a package of natural, ethically sourced organic ingredients that delivers an energy-boosting mix of complex carbohydrate and fruit and nuts. The carbohydrate primarily comes in the form of rice syrup mixed with rolled oats or oatmeal. At 65g it's not a bar you'll eat in a couple of bites but it delivers approximately 240 calories. However, the fat content (4g) is slightly higher than in some rival products. As if the organic ingredients weren't enough for MuleBar's good-guy image, the company also donates one per cent of its sales to environmental groups through the 1% For The Planet programme.

Info: www.mulebar.com



Shotz, £1.45

This Australian bar is a relatively new addition to the ever-expanding UK energy-food market. Its development, along with the gels and drinks the company produces, follows a well-trodden (or ridden) path. Food technologists, sports dietitians and exercise physiologists create a prototype in the laboratory, and experienced endurance athletes fine-tune the product in the real world. The result is a natural mix of grains, protein and fibre that provides sustained energy to keep pace with the fuel demands of your body. The bars are low in sugar and fat, and high in complex carbohydrate – a mix of rice extract, wholegrain oats and puffed wheat. The bar has a slightly chewy texture reminiscent of a cereal bar. Its 50g size, which delivers 165 calories, makes an ideal snack that you can eat before a session, on the bike or in transition. There are four flavours and they all taste pretty good.

Info: www.carboshotz.com



Multipower Active, £2 (£40 for box of 25)

Although it has been around for nearly 30 years in Germany, Multipower is a relatively new import to the UK. Its active multi-carbo option is an energy bar with a twist. That twist is caffeine; the company says it makes this bar the perfect partner for extended physical exertion. Caffeine stimulates the central nervous system, heightens levels of alertness and delays the onset of fatigue. What adds to its appeal for endurance athletes is the 60 per cent mix of complex carbohydrate (mostly from corn syrup and maltodextrin) combined with 18 per cent milk protein, which is ideal during or after a run or ride. The lemon flavour is initially strong but is replaced by an artificial aftertaste that makes the bar a struggle to consume quickly or in any quantity. Multipower Active comes in a 50g package and delivers an impressive 196 calories, some from the 4g of fat in each bar.

Info: www.multipoweruk.com

▣ Casco Ares Road Mountain, £139.99

Aerodynamics and comfort are important qualities in a cycling helmet but nothing matters quite as much as protection. That's certainly the thinking behind this new helmet from Casco. Its multiple front, side and top openings keep your head ventilated and cool. The disc-fit system, which is integrated into a headband, makes individual head adjustment effortless, and the sliding visor bolted onto the front of the helmet means you can wear it with or without sunglasses. But the real technology in the helmet is focused on keeping your head safe. At the core is its Monocoque construction, which seamlessly bonds the polycarbonate outer shell onto the shock-absorbing inner foam that sits against your head. This creates a lighter, stronger, more rigid head-covering and ensures that no part of the helmet will break up on impact if you have to put it to the crash test. Its protective qualities are further enhanced by an integrated aluminium roll bar, which is visible at the front and extends through the middle from front to rear. The roll bar is intended to pass on the shock of any impact to a wider area of the shock-absorbing foam and so reduce the trauma of a fall.

Info: www.eurobike.uk.com

