



## Sanct Bernhard Sport Protein Drink Regeneration Turbo Booster

Pomegranate

Food supplement for fast regeneration

Lactose-free and gluten-free

**Good to know:** After competitions and intense training. Protein Drink Regeneration Turbo Booster supplies important carbohydrates and minerals, to quickly replenish drained reserves. The high-quality whey protein contained inside also provides crucial amino acids, which are the “building blocks” for exhausted muscles.

**Ingredients:** Maltodextrin, Sucrose, *Whey Protein Hydrolyzate (20%)*, Flavor, Trimagnesiumcitrat, acidifier Citric Acid, Potassium Citrate, Sodium Chloride, Niacin, Vitamin B6 Hydrochloride, Vitamin B1 Mononitrate, Vitamin B2.

Average nutritional values:	per daily portion (= 500 ml)	*/500 ml of beverage	per 100 g powder
Energy value	852 kJ (201 kcal)	–	1549 kJ (365 kcal)
Fat	0 g	–	0 g
Carbohydrates	41 g	–	75 g
- which of is sugar	19 g		35 g
Fiber	0 g	–	0 g
Protein	9 g	–	16 g
which of			
Alanine	453 mg	–	824 mg
Arginine	176 mg	–	320 mg
Aspartic acid (Asparagine)	1173 mg	–	2133 mg
Cysteine	222 mg	–	404 mg
Glutamic acid (Glutamine)	2097 mg	–	3813 mg
Glycine	148 mg	–	269 mg
Histidine	166 mg	–	302 mg
Isoleucine **	619 mg	–	1125 mg
Leucine **	795 mg	–	1445 mg
Lysine **	979 mg	–	1780 mg
Methionien **	166 mg	–	302 mg
Phenylalanine **	213 mg	–	387 mg
Proline	748 mg	–	1360 mg
Serine	527 mg	–	958 mg
Threonine **	785 mg	–	1427 mg
Tryptophan **	83 mg	–	151 mg
Tyrosine	185 mg	–	336 mg
Valine **	527 mg	–	958 mg
Salt	0.7 g	–	1.3 g
Sodium	0.3 g	***	0.5 g
Potassium	344 mg	17	625 mg
Magnesium	200 mg	53	364 mg
Niacin	9.4 mg	59	17 mg
Vitamin B6	0.9 mg	64	1.6 mg
Vitamin B2	0.8 mg	57	1.5 mg
Vitamin B1	0.7 mg	64	1.3 mg

\* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

\*\* essential amino acids

\*\*\* No reference value has yet been established

# Kräuterhaus Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.  
Seit **1903** im Dienste der Gesundheit.



## **Recommended use:**

Immediately after exertion phases (e.g. competition, intensive training, etc.) dissolve in water and drink, as described below:

4 (ca. 55 g) measuring spoons (inlyng) produce 500 ml prepared beverage.

To avoid clots please pour in the water first and then add the powder.

Before and during the exercise period, we recommend the application of our Isotone Energy Drink that contributes to the maintenance of the endurance capacity during the endurance phase. The added mineral nutrients replace the electrolytes excreted through perspiration.

Note for diabetics: 0.5 liter of beverage (about 55 g powder) corresponds to 3.4 BE.

Keep out of direct sunlight. Store dry and not above 25°C.

Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

## **Contents 750 g powder**

produces min. 13 portions (about 6.8 liters prepared beverage)

Art. No. 2538

Eti0120

[www.sanct-bernhard-sport.com](http://www.sanct-bernhard-sport.com)