



Sanct Bernhard Sport Mineral-Pur-Drink Lemon

Nutritional supplement for electrolyte balance (with sweetener)

Calorie-free, lactose-free, gluten-free, flavour: lemon

The valuable source of electrolytes during high physical activity. Refreshing and no calories!

Useful information: This mineral drink provides important electrolytes (sodium, chloride, potassium, calcium and magnesium), which should be balanced with increased perspiration and take on important functions in the body. The EFSA (European Food Safety Authority) confirms that calcium and magnesium support normal muscle function. In addition, magnesium helps to maintain the electrolyte balance.

The Mineral-Pur-Drink is ideal for high physical activity when calorie intake is undesirable. For example, during basic training, hiking, gymnastics, in the gym, during a weight loss program and many other physical activities.

- With 5 crucial electrolytes
- Easily soluble
- Highly compatible

Ingredients: Minerals (Sodium Chloride, Calcium Lactate, Potassium Citrate, Trimagnesium Citrate), flavouring: Natural Lemon, acidifier: Citric Acid, sweetener: Steviol Glycosides from Stevia, separating agent: Silicium Dioxide.

Average nutritional values:	per portion (= 500 ml)	per 1 litre of drink	*/1 l drink	per 100 g powder
Calorific content	26 kJ (6 kcal)	52 kJ (12 kcal)	—	750 kJ (175 kcal)
Fat	0 g	0 g	—	0 g
Carbohydrate	1.7 g	3.4 g	—	48.6 g
- of which sugars	0.5 g	1.0 g	—	14.3 g
Dietary fibres	0 g	0 g	—	0 g
Protein	0 g	0 g	—	0 g
Salt	0.65 g	1.3 g	—	18.6 g
Sodium	260 mg	520 mg	**	7.4 g
Chloride	400 mg	800 mg	100	11.4 g
Potassium	100 mg	200 mg	10***	2.9 g
Calcium	60 mg	120 mg	15	1.7 g
Magnesium	28 mg	56 mg	15	0.8 g

*% of the recommended daily consumption according to NRV (Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011)

**No reference quantity available yet,

***Additional consumption is recommended to cover daily requirements

Recommended use: Depending on the desired intensity of taste, dissolve in water according to the following instructions:

Measuring spoon (included)	produces
2x lightly heaped (approx. 3.5 g)	500-750 ml

Keep dry and out of direct sunlight. Store below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 100 g powder produces 28 portions (approx. 14-21 litres of drink)

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www.sanct-bernhard-sport.com