



## Sanct Bernhard Sport Protein-XXL 92 Vanilla

Fructose-free and gluten-free  
Nutritional supplement for the build-up of muscles (with sweetener)

### Useful information:

Protein drink XXL 92 supplies perfectly selected proteins from whey isolate, calcium caseinate and egg to perfectly support muscle development and maintenance of the muscle mass. The drink is also recommended as an additional source of protein during figure-shaping training phases, diets, low-carb diets or increased protein requirements.

The drink is complemented with the essential substances magnesium, zinc and vitamin B6, which all contribute towards a normal protein metabolism. A healthy immune system function is supported by zinc and vitamin B6. Fatigue is reduced thanks to the magnesium and vitamin B6 contained in the product. Furthermore, the protein drink XXL 92 creates entirely new accentuations with its tasty hint of vanilla.

- High-quality 3-component protein mix
- with native, ultra-filtered whey isolate
- naturally contains BCAAs
- no artificial colourants

**Ingredients:** **Whey Protein Isolate** (59 %), **Calcium Caseinate** from milk (33 %), Flavourings, Magnesium Carbonate, **Chicken Protein** (1 %), emulsifiers, Sunflower Lecithin, thickening agent Guar Flour, sweetener Steviol Glycosides from Stevia; Zinc Gluconate, Vitamin B6-Hydrochloride.

Average nutritional values:	per daily portion (=300 ml)	%*/300ml drink	per 100 g powder
Calorific content	443 kJ (104 kcal)		1477 kJ (348 kcal)
Fat	0.3 g		0.9 g
of which saturated fatty acids	0.1 g		0.3 g
Carbohydrate	0.5 g		1.8 g
of which sugars	0.1 g		0.2 g
Dietary fibres	0 g		0 g
Protein	24.9 g		83.0 g
of which			
Alanine	1.0 g		3.2 g
Arginine	0.7 g		2.3 g
Aspartic acid (asparagine)	2.3 g		7.5 g
Cysteine	0.4 g		1.4 g
Glutamic acid (glutamine)	4.5 g		15.2 g
Glycine	0.4 g		1.4 g
Histidine	0.5 g		1.6 g
Isoleucine**	1.4 g		4.8 g
Leucine**	2.4 g		7.9 g
Lysine**	2.4 g		7.9 g
Methionine**	0.6 g		1.9 g
Phenylalanine**	0.9 g		2.9 g
Proline	2.2 g		7.4 g
Serine	1.1 g		3.5 g
Threonine**	1.4 g		4.7 g
Tryptophane**	0.3 g		1.0 g

# Kräuterhaus Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.  
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Tyrosine	0.7 g		2.4 g
Valine**	1.5 g		4.9 g
BCAA (leucine, isoleucine, valine)	5.3 g		17.6 g
Salt	0,1 g		0.38 g
Sodium	46 mg	***	0.15 g
Magnesium	100 mg	27	333 mg
Zinc	2.5 mg	25	8.3 mg
Vitamin B6	0.7 mg	50	2.3 mg

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

\*\* essential amino acids

\*\*\* no reference value available yet

## Recommended use:

Dissolve in water or milk as follows after exercising the muscles, power training or in case of higher protein requirements in the diet:

## Measuring spoon (included) produces

3  $\frac{3}{4}$  (approx. 30g)                      300 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 450 g powder** produces 15 portions  
(approx. 4.5 litres of drink)

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