



Sanct Bernhard Sport Regeneration Mineral Drink Premium Pomegranate

Food supplement for increased requirements after physical exertion
Lactose and gluten-free

In order to ensure that stores are effectively replenished after moderate exertion, this drink contains a balanced combination of digestible carbohydrates and minerals.

Ingredients: Maltodextrin, Sucrose, acidifier Citric Acid, Potassium Citrate, Trimagnesium Citrate, Flavouring, Niacin, Vitamin B6 Hydrochloride, Vitamin B1 Mononitrate, Vitamin B2.

Average nutritional values	1 portion (= 500 ml)	*/500 ml beverage	100 g powder
Calorific content	289 kJ (68 kcal)	–	1445 kJ (340 kcal)
Fat	0 g	–	0 g
Carbohydrate	17.6 g	–	88 g
- of which sugars	7 g	–	35 g
Dietary fibres	0 g	–	0 g
Protein	0 g	–	0 g
Salt	0 g	–	0 g
Potassium	426 mg	21	2130 mg
Magnesium	150 mg	40	750 mg
Niacin	9 mg	56	45 mg
Vitamin B6	0.96 mg	68	4,8 mg
Vitamin B2	0.8 mg	57	4 mg
Vitamin B1	0.8 mg	73	4 mg

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

Recommended use:

Dissolve 1 sachet (approx. 20 g) in 500 ml of water. To avoid lumps forming, first add the water and then the powder. Drink 500 ml immediately after exercising (e.g. race etc.) in order to replenish your fluids and carbohydrate stores.

Note for diabetics: 500 ml (approx. 20 g powder) of drink is equivalent to 1.3 CE.

Keep dry and out of direct sunlight. Store below 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 20 g powder makes approx. 0.5 litre of drink

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