



Sanct Bernhard Sport Isotonic Energy Drink Peach-Passion

Food supplement before and during high physical performance
Lactose and gluten free

The isotonic energy drink contributes to the maintenance of the endurance capacity during the endurance phase. The added mineral nutrients replace the electrolytes excreted through perspiration.

Ingredients: Maltodextrin, Sucrose, acidifier: Citric Acid, Calcium Lactate, Sodium chloride, Tri-magnesium Citrate, Potassium Citrate, Flavour.

Average nutritional values:	per 500 ml of beverage	*/500 ml beverage	100 g powder
caloric value	557 kJ (131 kcal)	—	1546 kJ (363 kcal)
fat	0 g	—	0 g
carbohydrates	3.3 g	—	92.5 g
- of which is sugar	12.3 g	—	34.2 g
fiber	0 g	—	0 g
protein	0 g	—	0 g
salt	0.8 g	—	2.2 g
sodium	320 mg	**	888 mg
potassium	115 mg	6 %	319 mg
calcium	133 mg	17 %	370 mg
magnesium	69.75 mg	19 %	193.8 mg

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

** No reference value has yet been established

Recommended intake:

Please dissolve 1 sachet (approx. 36 g) in 500 ml water. To avoid clots please pour in the water first and then add the powder. During the sport activity we recommend to drink regularly of 150-200 ml every 15-20 minutes.

Note for diabetics: 500 ml (approx. 36 g powder/liter) of the beverage is equal to 2.6 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 36 g powder produces ca. 0.5 liter final beverage

Art. Nr. 2540

Sa0922

www.sanct-bernhard-sport.com



Sanct Bernhard Sport Pure LIQUID Energy Cherry

+ Natrium + Kalium
lactose-free, gluten-free, vegan

Nutritional supplement especially for endurance athletes for intensive muscular effort.
Short- and medium-chained carbohydrate for an energy supply that is released in stages. Expediently supplemented with sodium and potassium.

Ingredients: Water, Maltodextrin, Sachharose, Natrium Chloride, Kalium Citrate, preservative Kalium Sorbate, flavour, acidifier Citric Acid.

Average nutritional values:	per 50 ml = 1 tube	*/50 ml	per 100 ml
Calorific value	402 kJ (95 kcal)	-	804 kJ (190 kcal)
Fat	0 g	-	0 g
Carbohydrates	24 g	-	48 g
- of which is sugar	4 g	-	8 g
Protein	0 g	-	0 g
Salt	220 mg	-	440 mg
Sodium	88 mg	**	176 mg
Potassium	45 mg	2***	90 mg

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

** No reference value has yet been established

*** for covering the daily need an additional intake is recommended

Recommended use:

Pure Liquid Energy can be enjoyed undiluted, without the need for additional fluids. In order to keep performance at a steady level, drink ½ a tube every 20 minutes, depending on exertion levels.

Information for diabetics: 1 tube 50 ml = 2.0 BE.

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 50 ml

Art. No. 2554

Tu1121

www.sanct-bernhard-sport.com



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

Art. No. 2551

Sa0922