



## Sanct Bernhard Sport Isotonic Energy Drink Sour Cherry

Nutritional supplement before and during high physical performance

### Good to know:

Already a fluid loss of 2% of body weight (1-2 l) leads to a drop in performance of about 20%. Therefore, a fast replenishment of lost liquid is important. The optimized composition of the Isotonic Energy Drink out of short and medium chain carbohydrates contributes provides the body with the necessary energy during the endurance phase. The added mineral nutrients replace the electrolytes excreted through perspiration. When observing the recommended use you get a nearly isotonic beverage that ensures a preferred intake of the contained substances. Lactose-free and gluten-free.

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

Average nutritional values	1 portion (= 500 ml)	1 litre of beverage	*/1 litre beverage	100 g powder
Caloric value	559 kJ (131 kcal)	1119 kJ (263 kcal)	—	1554 kJ (365 kcal)
Fat	0 g	0 g	—	0 g
Carbohydrates	33.3 g	66.6 g	—	92.5 g
- of which is sugar	12.6 g	25.2 g	—	35.0 g
Fiber	0 g	0 g	—	0 g
Protein	0 g	0 g	—	0 g
Salt	0.8 g	1.6 g	—	2.2 g
Sodium	320 mg	640 mg	**	888 mg
Potassium	115 mg	230 mg	12 %	319 mg
Calcium	133 mg	266 mg	33 %	370 mg
Magnesium	69.75 mg	139.5 mg	37 %	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 according to the following instructions:

Measuring spoon (inlying) produces

2¼ (approx. 36 g)            500 ml

4½ (approx. 72 g)            1000 ml

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

Within the last hour before the start of a competition or for example over an hour 500 ml of the beverage preparation should be drunk. During the sport activity we recommend to drink regularly of 150-200 ml every 15-20 minutes.

Straight after the activity we recommend the usage of our regeneration drink.

Note for diabetics: 0.5 litre (approx. 36 g powder) of 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 900 g powder** produces 25 portions (about 12.5 litres final beverage), 1 measuring spoon (inlying)

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