



## Sanct Bernhard Sport Isotonic Energy Drink Sour Cherry

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:	500 ml of beverage	%*/500 ml beverage	100 g powder
Caloric value	559 kJ (131 kcal)	—	1554 kJ (364 kcal)
Fat	0 g	—	0 g
carbohydrates	33.3 g	—	92.5 g
- of which is sugar	12.6 g	—	35.0 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:** 0.5 liter (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

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