



Sanct Bernhard Sport Regeneration Mineral Drink Premium

Grapefruit

Nutritional supplement for increased requirements after physical exertion
Lactose-free, gluten-free

Valuable information: The body's energy and electrolyte stores are diminished after moderate exercise. In order to ensure that stores are effectively replenished, this drink contains a balanced combination of digestible carbohydrates and minerals. It also contains B vitamins for an effective energy metabolism. Magnesium and vitamins B2 and B6 and niacin help to prevent feelings of tiredness after exercise, whilst potassium supports a normal muscle function. This Regeneration Drink is ideal for use alongside our Isotonic Energy Drink.

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

Average nutritional values	per daily portion (=500 ml)	*/500 ml drink	per 100 g powder
Calorific content	278 kJ (65 kcal)	—	1389 kJ (327 kcal)
Fat	0 g	—	0 g
Carbohydrates	16,6 g	—	83 g
- of which sugars	8.5 g	—	42.5 g
Dietary fibres	0 g	—	0 g
Protein	0 g	—	0 g
Salt	0.7 g	—	3.5 g
Sodium	0.3 g	**	1.5 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 consumption according to NRV (Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011)

**No reference value has yet been established

Note for diabetics: 500 ml (approx. 20 g powder) of drink is equivalent to 1.4 CE.

Recommended use: Please dilute in water as follows:

Measuring spoon (included)	produces
1 ¼ (approx. 20 g)	500 ml

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.

Before and during the exercise phase, we recommend the use of our Isotonic Energy Drink.

Keep dry and out of direct sunlight. Store below 25°C.

Kräuterhaus Sanct Bernhard

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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: 750 g powder produces at least 37 portions
(approx. 18.75 litres of drink)

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