



Sanct Bernhard Sport Protein Drink Regeneration Turbo Booster

Pomegranate

Food supplement for fast regeneration after high physical exertion

Lactose-free and gluten-free

Good to know: After competitions and intense training. Protein Drink Regeneration Turbo Booster supplies important carbohydrates and minerals, to quickly replenish drained reserves. The high-quality whey protein contained inside also provides crucial amino acids, which are the “building blocks” for exhausted muscles.

Ingredients: Maltodextrin, Sucrose, **Whey Protein Hydrolyzate (20%)**, Flavour, Trimagnesiumcitrat, acidifier Citric Acid, Potassium Citrate, Sodium Chloride, Niacin, Vitamin B6 Hydrochloride, Vitamin B1 Mononitrate, Vitamin B2.

Average nutritional values:	per daily portion (= 500 ml)	*/500 ml of beverage
Energy value	836 kJ (197 kcal)	—
Fat	0.06 g	—
of which saturated fatty acids	0 g	
Carbohydrates	40 g	—
of which sugar	20 g	
Fiber	0 g	—
Protein	9 g	—
which of		
Alanine	453 mg	—
Arginine	176 mg	—
Aspartic acid (Asparagine)	1173 mg	—
Cysteine	222 mg	—
Glutamic acid (Glutamine)	2097 mg	—
Glycine	148 mg	—
Histidine	166 mg	—
Isoleucine **	619 mg	—
Leucine **	795 mg	—
Lysine **	979 mg	—
Methionien **	166 mg	—
Phenylalanine **	213 mg	—
Proline	748 mg	—
Serine	527 mg	—
Threonine **	785 mg	—
Tryptophan **	83 mg	—
Tyrosine	185 mg	—
Valine **	527 mg	—
Salt	0.7 g	—
Sodium	0.3 g	***
Potassium	344 mg	17
Magnesium	200 mg	53
Niacin	9.4 mg	59
Vitamin B6	0.9 mg	64
Vitamin B2	0.8 mg	57
Vitamin B1	0.7 mg	64

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



** essential amino acids

*** No reference value has yet been established

Recommended use:

Immediately after exertion phases (e.g. competition, intensive training, etc.) dissolve in water and drink, as described below:

4 (ca. 55 g) measuring spoons (inlying) produce 500 ml prepared beverage.

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

Before and during the exercise period, we recommend the application of our Isotone Energy Drink that contributes to the maintenance of the endurance capacity during the endurance phase. The added mineral nutrients replace the electrolytes excreted through perspiration.

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.

Lactose content below 0.1 g/100 g in the prepared drink.

Note for diabetics: 0.5 litre of beverage (about 55 g powder) corresponds to 3.4 BE.

Keep out of direct sunlight. Store dry and not above 25°C.

Made in Germany

Contents 750 g powder

produces min. 13 portions (about 6.8 liters prepared beverage)

Art. No. 2538

Eti0923

www.sanct-bernhard-sport.com