



Sanct Bernhard Sport Energy Rice Bar Raspberry

72% carbohydrates

Natural fuel

Energy bar with oat flakes, rice crispies and raspberry pieces

Lactose-free, vegan

Unlike no other bar, Energy Rice Bar provides large amounts of high rice and oatmeal proportions from natural sources. The easily digestible rice crispies, the high amount of carbohydrates and the fruity raspberry flavor gives you an energy boost when highest performance is required.

Ingredients: Ingredients: Glucose syrup, **oat flakes** (20%), invert sugar syrup, rice crispies (14.8%) (rice flour, **wheat flour**, sugar, salt, raising agent sodium hydrogen carbonate, **barley malt flour**), raisins (sultanas 99.7%, sunflower oil), maltodextrin, fully hydrogenated coconut oil, raspberry pieces (2.5%), flavouring, salt, acidifier citric acid, antioxidant alpha-tocopherol.

May contain traces of egg, soya, milk protein and nuts. May contain pieces of kernels and shells.

Average nutritional values	per 100 g	per bar (50g)
Calorific content	1529 kJ/362 kcal	764 kJ/181 kcal
Fat	5.4 g	3.5 g
- of which saturated fatty acids	4.0 g	2.0 g
Carbohydrates	72 g	36 g
- of which sugars	30 g	15 g
Protein	4.6 g	2.3 g
Salt	0.45 g	0.23 g

1 bar (= 50 g) contains 0.09 g sodium.

Note for diabetics: 1 bar 50 g = 3 bread units (BU).

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

Contents 50 g

Art. No. 2523

Fo0625

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Saint Bernhard Sport Energy Rice Bar Apple

72% carbohydrates

Natural fuel

Energy bar with oat flakes, rice crispies and apple cubes

Lactose-free, vegan

Unlike no other bar, Energy Rice Bar provides large amounts of high rice and oatmeal proportions from natural sources. The easily digestible rice crispies, the high amount of carbohydrates and the fruity apple flavor gives you an energy boost when highest performance is required. Also suitable for cold weather.

Ingredients: Oat flakes (18.5%), glucose syrup, rice crispies (16.5%) (rice flour, **wheat flour**, sugar, salt, baking powder sodium hydrogen carbonate, **barley malt flour**), invert sugar syrup, raisins (sultanas 99.7%, sunflower oil), sugar, dried apple cubes (5.4%), fully hydrogenated coconut oil, maltodextrin, apple powder (1%), flavouring, acidifier citric acid, cinnamon, salt, antioxidant alpha-tocopherol.

May contain traces of egg, soya, milk protein and nuts. May contain pieces of kernels and shells.

Average nutritional values:	per 100 g	per bar (50 g)
Energy	1550 kJ /366 kcal	775 kJ /183 kcal
Fat	6 g	3 g
- of which are saturated fatty acids	4.6 g	2.3 g
Carbohydrates	72 g	36 g
- of which are sugars	38 g	19 g
Protein	4.4 g	2.2 g
Salt	0,34 g	0.17 g

1 bar (= 50 g) contains 0.07 g sodium.

Note for diabetics: 1 bar 50 g = 3 bread units (BE).

Store in a dry place, below 25°C. Protect from light.

Contents 50 g

Art. No. 2566

Fo0625

www.saint-bernhard-sport.com



Sanct Bernhard Sport Energy Rice Bar Mango

72% carbohydrates

Natural fuel

Energy bar with oat flakes, rice crispies and mango pieces

Lactose-free, vegan

Unlike no other bar, Energy Rice Bar provides large amounts of high rice and oatmeal proportions from natural sources. The easily digestible rice crispies, the high amount of carbohydrates and the fruity mango flavor gives you an energy boost when highest performance is required. Also suitable for cold weather.

Ingredients: Glucose syrup, **oat flakes** (20%), invert sugar syrup, rice crispies (14.8%) (rice flour, **wheat flour**, sugar, salt, raising agent sodium hydrogen carbonate, **barley malt flour**), raisins (sultanas 99.7%, sunflower oil), maltodextrin, fully hydrogenated coconut oil, freeze-dried mango pieces (3.1%), flavouring, acidifier citric acid, salt, antioxidant alpha-tocopherol.

May contain traces of egg, soya, milk protein and nuts. May contain pieces of kernels and shells.

Average nutritional values	per 100 g	per bar (50g)
energy	1555 kJ / 368 kcal	801 kJ / 190 kcal
fat	6 g	3 g
- of which are saturated fatty acids	4.8 g	2.4 g
carbohydrates	72 g	36 g
- of which are sugars	32 g	16 g
protein	4.5 g	2.2 g
salt	0.31 g	0.15 g

1 bar (= 50 g) contains 0.06 g sodium.

Note for diabetics: 1 bar 50g = 3 bread units (BU)

Contents 50 g

Art. No. 2570

Fo0625

www.sanct-bernhard-sport.com



Sanct Bernhard Sport Organic Active Bar Cranberry

without added sugar, lactose and gluten free

Ingredients:

Cranberries (25 %) (Cranberries, Apple Syrup, Sunflower Oil), Apricots, Rice Flour, Dates, Apples, Sour Cherries (Cherries, Sunflower Oil), **Macadamia Nuts**, Flax Seed, popped Amaranth.

All ingredients from controlled organic cultivation. May contain traces of other nuts.

Average nutritional values	per 100 g	per bar (40 g)
Calorific value	1452 kJ (345 kcal)	580 kJ (138 kcal)
Fat	8.7 g	3.5 g
of which are saturated fatty acids	1.3 g	0.5 g
of which are monounsaturated fatty acids	5.7 g	2.3 g
of which are polyunsaturated fatty acids	1.1 g	0.4 g
Carbohydrate	60 g	24 g
of which is sugar	40 g	16 g
Fiber	8.12 g	3.2 g
Protein	4.9 g	2.0 g
Salt	0.04 g	0.02 g
Natrium	0.02 g	0.008 g

Advice for diabetic people: 1 bar 40 g = 2 BU

All ingredients are naturally contained in the raw materials.

Store cool and dry.

Produced in Germany.



DE-ÖKO-005



EU/Non-EU Agriculture

Contents 40 g

Art. No. 2520

Fo1122

www.sanct-bernhard-sport.com



Sanct Bernhard Sport Protein Crispy Bar 32 % cappuccino

Cereal bar with protein crispies and almonds
Vegan, lactose-free

Delicious protein snack - with 32 % protein!

This protein bar impresses with high-quality, vegan ingredients and a pleasant cappuccino flavour. In addition, the crunchy protein crispies combined with fine cocoa provide an unmistakable treat. A practical snack for after sport and also ideal between meals.

Ingredients: Glucose syrup, 11.0% **chocolate soy protein nuggets (soy protein isolate, cocoa (10.0%), tapioca starch)**, 10.1% **soy protein crispies (soy protein isolate)**, humectant glycerine, **soy protein**, refined coconut fat, 5.0% **almond paste**, 4.0% roasted chopped **almonds**, rice protein, flavouring, **oat flakes**, 3.0% rice crispies (rice flour, **wheat flour**, sugar, salt, baking powder sodium hydrogen carbonate, **barley malt flour**), pea protein, **almond protein**, 1.9% cocoa powder, emulsifier lecithin, table salt, antioxidant alpha-tocopherol.

May contain traces of egg, milk protein, sulphites and other nuts. May contain pieces of kernels and shells.

Average nutritional values:	per 100 g	per bar (35 g)
Calorific content	1683 kJ/ 400 kcal	589 kJ/ 140 kcal
Fat	13.2 g	4.6 g
- of which saturated fatty acids	6.3 g	2.2 g
Carbohydrate	40.3 g	14.1 g
- of which sugars	7.7 g	2.7 g
Protein	32 g	11.2 g
Salt	0.91 g	0.32 g

Keep dry and out of direct sunlight. Store below 21°C.

Contents: 35 g

Art. No.: 2584

FS0125

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Sanct Bernhard Sport Protein 32 % Chocolate Bar Flavour: Stracciatella

Protein bar with 14.5% whole milk chocolate coating and stracciatella flavour

Delicious chocolate protein snack – with 32% protein!

Ideal for when you're on the go and in need of a little something! Contains high-quality milk, pea and rice protein. The protein content of 11.2 g per bar supports increasing muscles mass and maintaining muscle mass and bone density. A delicate milk chocolate coating (14.5%) give a pleasant sweetness to the bar, while roasted cocoa bean pieces (2%) provide a crunchy bite.

Ingredients: milk protein (**whey protein concentrate, calcium caseinate, whey protein isolate**), agave syrup, rice syrup, 14.5% **whole milk chocolate coating** (sugar, cocoa butter, **whole milk powder**, cocoa mass, **sweet whey powder**, emulsifier **soya lecithin**, vanilla extract), fructose syrup, pea protein, rice protein, flavouring, 2 % cocoa beans (roasted, broken), emulsifier lecithin.

May contain traces of gluten, egg, sulphites and nuts. May contain parts of the kernel and shell.

Average nutritional values	per 100 g	per bar (35 g)
Calorific content	1686 kJ / 400 kcal	590 kJ / 140 kcal
Fat	12.3 g	4.3 g
- of which saturated fatty acids	5.2 g	1.8 g
Carbohydrates	39.8 g	13.9 g
- of which sugars	34.3 g	12.0 g
Dietary fibres	1.3 g	0.5 g
Protein	32.0 g	11.2 g
Salt	0.48 g	0.17 g

Keep dry and out of direct sunlight. Store below 21°C.

Content: 35 g

Art. No. 2588

Fo1224

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