Kräuterhaus
Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.
Seit **1903** im Dienste der Gesundheit.



Sanct Bernhard Sport
Recovery Turbo +BCAA

Red Berries
vegan

A dietary supplement for use after intense physical exertion.

Good to know: Recovery Turbo +BCAA provides the essential nutrients for accelerated recovery immediately after exercise. It also contains the three key branched-chain amino acids – leucine, isoleucine and valine (BCAA) – as well as glutamine. An intense blend of red berries, enhanced with sweet strawberry and distinctive redcurrant. Fruity, refreshing and harmoniously balanced.

Ingredients: Water, maltodextrin, sucrose, amino acids (glutamine, leucine, isoleucine, valine), magnesium lactate, sodium chloride, natural flavourings, preservative potassium sorbate, potassium citrate, potassium tartrate, acidifier citric acid, zinc gluconate, niacin, vitamin B6 hydrochloride, vitamin B2, vitamin B1 mononitrate, vitamin B12.

Average nutritional values:	**100 ml**	**50 ml = 1 Tube**	***/50 ml**
Calorific value	860 kJ (200 kcal)	430 kJ (100 kcal)	-
Fat - of which saturated fatty acids	0 g 0 g	0 g 0 g	-
Carbohydrates - of which sugar	50 g 19 g	25 g 9.5 g	-
Protein	0 g	0 g	-
Salt	0.45 g	0.225 g	-
Potassium	134 mg	67 mg	3***
Magnesium	62 mg	31 mg	8***
Zinc	5.0 mg	2.5 mg	25
Niacine	16 mg	8 mg	50
Vitamin B12	2.6 µg	1.3 µg	52
Vitamin B6	1.4 mg	0.7 mg	50
Vitamin B2	1.4 mg	0.7 mg	50
Vitamin B1	1.2 mg	0.6 mg	55
Amino acids - of which BCAA	3.0 g 2.0 g	1.5 g 1.0 g	** **

*% of the recommended daily intake according to NRV (Nutrient Reference Value for daily intake in accordance with Regulation (EU) No 1169/2011) **No reference value available yet
***An additional intake is recommended to meet the daily requirement

Recommended intake: Drink one tube undiluted immediately after exercise. For extremely strenuous exercise, we recommend two tubes.

Note for diabetics: 1 tube (50 ml) = 2.1 BE.

Store away from light, in a dry place and below 25 °C.
Food supplements should not be used as a substitute for a balanced, varied diet and do not replace a healthy lifestyle. Keep out of the reach of young children. Do not exceed the recommended daily dose.

Made in Germany

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Contents 50 ml
Art.-No.: 2573

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www.sanct-bernhard-sport.de

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