



Sanct Bernhard Sport Protein Regeneration Turbo

Flavour: Orange

Lactose-free, Gluten-free

Nutritional supplement for fast regeneration after high physical exertion

Useful information: After competitions and intensive training. The protein regeneration turbo 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: Sucrose, maltodextrin, **whey protein hydrolysate** (11%), **whey protein isolate** (11%), natural orange flavour, trimagnesium citrate, citric acid (acidifier), potassium citrate, sodium chloride, **soy lecithin** (emulsifier), niacin, vitamin-B6-hydrochloride, vitamin-B1-mononitrate, vitamin B2.

| Average nutritional values: | per daily portion (= 500 ml) | */500 ml drink |
|----------------------------------|---------------------------------|----------------|
| Calorific content | 839 kJ (197 kcal) | — |
| Fat | 0.09 g | — |
| - of which saturated fatty acids | 0.04 g | — |
| Carbohydrates | 39 g | — |
| - of which sugars | 21 g | — |
| Dietary fibres | 0 g | — |
| Protein | 10 g | — |
| of which | | |
| Alanine | 270 mg | — |
| Arginine | 123 mg | — |
| Aspartic acid (asparagin) | 655 mg | — |
| Cysteine | 134 mg | — |
| Glutamic acid (Glutamine) | 1113 mg | — |
| Glycine | 94 mg | — |
| Histidine | 85 mg | — |
| Isoleucine ** | 366 mg | — |
| Leucine** | 524 mg | — |
| Lysine ** | 542 mg | — |
| Methionine ** | 108 mg | — |
| Phenylalanine** | 145 mg | — |
| Proline | 411 mg | — |
| Serine | 280 mg | — |
| Threonine ** | 431 mg | — |
| Tryptophane ** | 72 mg | — |
| Tyrosine | 134 mg | — |
| Valine ** | 327 mg | — |
| Salt | 0.7 g | — |
| Sodium | 0.3 g | *** |
| Potassium | 346 mg | 17 |
| Magnesium | 202 mg | 54 |
| Niacin | 9.5 mg | 59 |
| Vitamin B6 | 0.9 mg | 64 |
| Vitamin B2 | 0.8 mg | 57 |
| Vitamin B1 | 0.7 mg | 64 |

Kräuterhaus Sanct Bernhard

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*% of the recommended daily consumption according to NRV (Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011)

**Essential amino acids

***no reference value available yet

Recommended use: Immediately after stress phases (e.g. competition, intensive training etc.) dissolve in water and drink as follows:

| Measuring spoon (included) | produces |
|----------------------------|----------|
| 4 (approx. 55 g) | 500 ml |

To avoid lumps forming, first add the water and then the powder.

Before and during the stress phase we recommend the use of our isotonic energy drink, which helps to maintain performance during the stress phase and supplies the body with the electrolytes lost through perspiration.

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.

Lactose content less than 0.1 g/100 g in the ready-to-use drink.

Note for diabetics: 0.5 litres (approx. 55 g powder) of drink is equivalent to 3.0 CE.

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

Filling level dependent on technology used.

Made in Germany

Contents 725 g powder

produces at least 13 portions (approx. 6.5 litres of drink)

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