



Sanct Bernhard Sport Isotonic Energy Drink Peach-Passion

Food supplement before and during high physical performance

Lactose gluten free and vegan

The isotonic energy drink contributes to the maintenance of the endurance capacity during the endurance phase. The added mineral nutrients replace the electrolytes excreted through perspiration.

Ingredients: Maltodextrin, Sucrose, acidifier: Citric Acid, Calcium Lactate, Sodium chloride, Tri-magnesium Citrate, Potassium Citrate, Flavour.

Average nutritional values:	per 500 ml of beverage	*/500 ml beverage	100 g powder
caloric value	557 kJ (131 kcal)	—	1546 kJ (363 kcal)
fat	0 g	—	0 g
carbohydrates	3.3 g	—	92.5 g
- of which is sugar	12.3 g	—	34.2 g
fiber	0 g	—	0 g
protein	0 g	—	0 g
salt	0.8 g	—	2.2 g
sodium	320 mg	**	888 mg
potassium	115 mg	6 %	319 mg
calcium	133 mg	17 %	370 mg
magnesium	69.75 mg	19 %	193.8 mg

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

** No reference value has yet been established

Recommended intake:

Please dissolve 1 sachet (approx. 36 g) in 500 ml water. To avoid clots please pour in the water first and then add the powder. During the sport activity we recommend to drink regularly of 150-200 ml every 15-20 minutes.

Note for diabetics: 500 ml (approx. 36 g powder/liter) of the beverage is equal to 2.6 BE.

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

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.

Made in Germany

Contents 36 g powder produces ca. 0.5 liter final beverage

Art. Nr. 2540

Sa0725

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www.sanct-bernhard-sport.com



Sanct Bernhard Sport Isotonic Energy Drink Sour Cherry

Food supplement before and during high physical performance
Lactose and gluten free, vegan

The isotonic energy drink contributes to the maintenance of the endurance capacity during the endurance phase. The added mineral nutrients replace the electrolytes excreted through perspiration.

Ingredients: Maltodextrin, Sucrose, acidifier: Citric Acid, Calcium Lactate, Sodium Chloride, Tri-magnesium Citrate, Potassium Citrate, Flavour.

Average nutritional values:	500 ml of beverage	*/500 ml beverage	100 g powder
Caloric value	559 kJ (131 kcal)	—	1554 kJ (364 kcal)
Fat	0 g	—	0 g
- of which are saturated fatty acids	0 g	—	g
Carbohydrates	33.3 g	—	92.5 g
- of which is sugar	12.6 g	—	35.0 g
Fiber	0 g	—	0 g
Protein	0 g	—	0 g
Salt	0.8 g	—	2.2 g
Sodium	320 mg	**	888 mg
Potassium	115 mg	6	319 mg
Calcium	133 mg	17	370 mg
Magnesium	69.75 mg	19	193.8 mg

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

** No reference value has yet been established

Recommended intake:

Please dissolve 1 sachet (approx. 36 g) in 500 ml water. To avoid clots please pour in the water first and then add the powder. During the sport activity we recommend to drink regularly of 150-200 ml every 15-20 minutes.

Note for diabetics: 0.5 liter (approx. 36 g powder/litre) of the beverage is equal to 2.6 BE.

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

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.

Made in Germany

Contents 36 g powder produces ca. 0.5 litre final beverage

Art. No. 2540

Sa1024

www.sanct-bernhard-sport.com



Sanct Bernhard Sport Regeneration Mineral Drink Premium Pomegranate

Food supplement for increased requirements after physical exertion
Lactose and gluten-free, vegan

In order to ensure that stores are effectively replenished after moderate exertion, this drink contains a balanced combination of digestible carbohydrates and minerals.

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

Average nutritional values	1 portion (= 500 ml)	*/500 ml beverage	100 g powder
Calorific content	279 kJ (65 kcal)	—	1393 kJ (327 kcal)
Fat	0 g	—	0 g
- of which saturated fatty acids	0 g	—	0 g
Carbohydrate	15.5 g	—	78 g
- of which sugars	8.8 g	—	44 g
Dietary fibres	0 g	—	0 g
Protein	0 g	—	0 g
Salt	0.7 g	—	3.5 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 intake according to NRV (Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011)

Recommended use:

Dissolve 1 sachet (approx. 20 g) in 500 ml of water. 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.

Note for diabetics: 500 ml (approx. 20 g powder) of drink is equivalent to 1.3 CE.

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

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.

Made in Germany

Contents 20 g powder makes approx. 0.5 litre of drink

Art. No. 2551

Sa1224

www.sanct-bernhard-sport.com



Sanct Bernhard Sport Liquid Energy pure Peach-Passion fruit

+ Sodium + Potassium
Free of lactose and gluten, vegan

Nutritional supplement especially for endurance athletes for intensive muscular effort. Short and medium chain carbohydrates for a gradually released energy supply. Useful supplemented with Sodium and Potassium.

Ingredients:

Water, Maltodextrin, Sucrose, Sodium Chloride, Potassium Citrate, preservative Potassium Sorbate, Flavor, acidifier Citric Acid.

Average nutritional values:	per 50 ml = 1 tube	*/50 ml	per 100 ml
Calorific value	402 kJ (95 kcal)	–	804 kJ (190 kcal)
Fat	0 g	–	0 g
Carbohydrates	24 g	–	48 g
- of which is sugar	5 g	–	10 g
Protein	0 g	–	0 g
Salt	220 mg	–	440 mg
Sodium	88 mg	**	176 mg
Potassium	45 mg	2***	90 mg

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

** No reference value has yet been established

*** for covering the daily need an additional intake is recommended

Recommended use:

Liquid Energy pure can be taken undiluted, without additional fluid. In order to keep the performance on a constant level one should drink ½ tube every 20 minutes depending on the strain.

Hint for diabetics: 1 tube 50 ml = 2,0 BE.

Keep out of direct sunlight. Store dry and below 25°C. 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 50 ml

Art. No. 2545

Tu0821

www.sanct-bernhard-sport.com



Sanct Bernhard Sport Pure LIQUID Energy Cherry

+ Sodium + Potassium
lactose-free, gluten-free, vegan

Nutritional supplement especially for endurance athletes for intensive muscular effort.
Short- and medium-chained carbohydrate for an energy supply that is released in stages. Expediently supplemented with sodium and potassium.

Ingredients: Water, Maltodextrin, Sachharose, Sodium Chloride, Potassium Citrate, preservative Potassium Sorbate, flavour, acidifier Citric Acid.

Average nutritional values:	per 50 ml = 1 tube	*/50 ml	per 100 ml
Calorific value	402 kJ (95 kcal)	–	804 kJ (190 kcal)
Fat	0 g	–	0 g
Carbohydrates	24 g	–	48 g
- of which is sugar	4 g	–	8 g
Protein	0 g	–	0 g
Salt	220 mg	–	440 mg
Sodium	88 mg	**	176 mg
Potassium	45 mg	2***	90 mg

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

** No reference value has yet been established

*** for covering the daily need an additional intake is recommended

Recommended use:

Pure Liquid Energy can be enjoyed undiluted, without the need for additional fluids. In order to keep performance at a steady level, drink ½ a tube every 20 minutes, depending on exertion levels.

Information for diabetics: 1 tube 50 ml = 2.0 BE.

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

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 50 ml

Art. No. 2554

Tu1121

www.sanct-bernhard-sport.com



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

www.sanct-bernhard-sport.com



Sanct Bernhard Sport Energy Rice Bar Apple

72 % carbohydrates
A boost from nature

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. **Lactose-free.**

Ingredients: Oat Flakes, Glucose Syrup, Rice Crispies (16%) (Rice Flour, **Wheat Gluten**, Sugar, **Wheat Malt**, Glucose, Salt), Invert Sugar Syrup, Raisins, Sugar, hydrogenated vegetable Fat (Palm Oil), Maltodextrin, Apples (1.9%), **Wheat Starch**, emulsifier **Soya Lecithin**, Salt, Flavoring.

Average nutritional values:	per 100 g	per bar (50 g)
Energy	1610 kJ /380 kcal	805 kJ /190 kcal
Fat	8 g	4 g
- of which are saturated fatty acids	2 g	1 g
Carbohydrates	72 g	36 g
- of which are sugars	36 g	18 g
Protein	4 g	2 g
Salt	0,6 g	0,3 g

1 bar (= 50 g) contains 0.12 g sodium.

May contain traces of nuts, peanuts, sesame seeds, eggs and milk proteins.

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

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

Contents 50 g

Art. No. 2566

Fo1123

www.sanct-bernhard-sport.com



Sanct Bernhard Sport Energy Rice Bar Mango

72 % carbohydrates A boost from nature

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. **Contains no ingredients with lactose.**

Ingredients: Oat Flakes, Glucose Syrup, Invert Sugar Syrup, Rice Crispies (14,8 %) (Rice Flour, **Wheat Gluten**, Sugar, **Wheat Malt**, Glucose, Salt), Raisins, Sugar, Hydrogenated Vegetable Fat (Palm Oil), Maltodextrin, Mango Pieces (3.1 %) (Mango, Sugar, acidifier Citric Acid), **Wheat Starch**, emulsifier **Soya Lecithin**, Salt, Flavorings.

May contain traces of milk proteins.

Average nutritional values	per 100 g	per bar (50g)
energy	1602 kJ (380 kcal)	801 kJ (190 kcal)
fat	7.0 g	3.5 g
- of which are saturated fatty acids	2.6 g	1.3 g
carbohydrates	72.4 g	36.2 g
- of which are sugars	35.2 g	17.6 g
protein	4.6 g	2.3 g
salt	0.6 g	0.3 g
sodium	0.24 g	0.12 g

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

Contents 50 g

Art. No. 2570

FO0822

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
Sodium	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 Regeneration Booster +BCAA

Exotic
Lactose free - gluten free

Nutritional supplement after intensive physical performance.

Ingredients: Water, Maltodextrin, Saccharose, Amino Acids (Glutamine, Leucine, Isoleucine, Valine), Magnesium Lactate, Potassium Tartrate, Potassium Citrate, Sodium Chloride, Flavor, Preservative Potassium Sorbate, Acidifier Citric Acid, Zinc Gluconate, Niacin, Vitamin-B6-Hydrochloride, Vitamin-B1-Mononitrate, Vitamin B2, Vitamin B12.

Average nutritional values:	100 ml	50 ml = 1 tube	*/50 ml
Calorific Value	860 kJ (200 kcal)	430 kJ (100 kcal)	-
Fat	0 g	0 g	-
Carbohydrates	52 g	26 g	-
- of which is sugar	16 g	8 g	-
Protein	0 g	0 g	-
Salt	450 mg	225 mg	-
Sodium	180 mg	90 mg	**
Potassium	134 mg	67 mg	3***
Magnesium	62 mg	31 mg	8***
Zinc	5,0 mg	2,5 mg	25
Niacin	16 mg	8 mg	50
Vitamin B12	2,6 µg	1,3 µg	50
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	50
Aminos Acids	3,0 g	1,5 g	**
- of which are BCAA	2,0 g	1,0 g	**

*% of the recommended daily need according to NRV (nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

** No reference value has yet been established

*** In order to cover the daily need an additional intake is recommended

Recommended use: Drink one undiluted tube of Regeneration Booster immediately after performance. After extreme performance we recommend 2 tubes.

Hint for diabetics: 1 tube 50 ml = 2,1 BE

Not recommended for children and young people under 17.

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

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.

Made in Germany

Contents 50 ml

Art. No. 2562

Tu0521

www.sanct-bernhard-sport.com



Sanct Bernhard Sport Vitality Skin Milk

refreshing, skin tightening, anti-inflammatory

With horse chestnut and hamamelis as well as herbal active substances and vitamins in a skin-friendly base. Refreshes and stimulates your skin and muscles after sports and prevents signs of tiredness. It has an circulation-promoting, anti-inflammatory and skin tightening effect. Leaves the skin smooth. Suitable for active cyclists after leg shaving to prevent inflammations.

Ingredients: Aqua, Isopropyl Palmitate, Prunus Amygdalus Dulcis Oil, Cetearyl Alcohol, Propylene Glycol, Ceteareth-12, Hamamelis Virginiana Leaf Extract, Salvia Officinalis Leaf Extract, Urtica Dioica Leaf Extract, Equisetum Arvense Extract, Achillea Millefolium Flower/Leaf/Stem Extract, Melissa Officinalis Leaf Extract, Aesculus Hippocastanum Leaf Extract, Hamamelis Virginiana Water, Rosmarinus Officinalis Leaf Extract, Hypericum Perforatum Flower Extract, Chamomilla Recutita Flower Extract, Thymus Vulgaris Leaf Extract, Ononis Spinosa Root Extract, Retinyl Palmitate, Camphor, Menthol, Tocopherol, Helianthus Annuus Seed Oil, Linoleic Acid, Linolenic Acid, Citric Acid, Glycerin, Sodium Cetearyl Sulfate, Alcohol, Sodium Hydroxide, Phenoxyethanol, Dehydroacetic Acid, Benzoic Acid, CI 75810, Parfum, Mixture Of Essential Oils (Limonene, Linalool, Eugenol, Citral – from natural essential oils).

Made in Germany

Contents 25 ml

Art. No. 96049

Tu1119

www.sanct-bernhard-sport.de



Sanct Bernhard Sport Fireprotect Skinprotect-Cream

For a preventive protection of tensed, stressed body parts

The sensitive skin in this area is highly stressed through some form of sport, e.g. cycling and hiking. By rubbing in of Aktiv 3 Fireprotect Skinprotect-Cream it forms itself a protecting and caring film around the skin, so that excoriations can be stopped. The skin becomes more resistant and resilient. Natural extracts of marigold and birchbark have an anti-inflammatory and soothing effect on irritated skin.

For additional care and regeneration after sports, we recommend our Sanct Bernhard Sport Marigold regeneration cream.

Ingredients: Petrolatum, Paraffinum Liquidum, Glycine Soja Oil, Betula Alba Bark Extract, Calendula Officinalis Extract, Daucus Carota Extract, Beta-Carotene, Tocopherol.

Note: Do not use this product if you are allergic to the Asteraceae (daisy) family.

Contents 15 ml

Art.-No. 96058

Tu0911

www.sanct-bernhard-sport.com