



## Sanct Bernhard Sport Isotonic Energy Drink Blood Orange

Nutritional supplement before and during high physical performance  
vegan

### Good to know:

Already a fluid loss of 2% of body weight (1-2 l) leads to a drop in performance of about 20%. Therefore, a fast replenishment of lost liquid is important. The optimized composition of the Isotonic Energy Drink out of short and medium chain carbohydrates provides the body with the necessary energy during the endurance phase. The added mineral nutrients replace the electrolytes excreted through perspiration. When observing the recommended use you get a nearly isotonic beverage that ensures a preferred intake of the contained substances. Lactose free. Gluten free.

**Ingredients:** Maltodextrin, Sucrose, Isomaltulose\*, Natural Flavour, Calcium Lactate, Sodium Chloride, acidifier: Citric Acid, Tri-Magnesium Citrate, Potassium Citrate.

\*Isomaltulose is a source of glucose and fructose.

Average nutritional values	per portion (= 500 ml)	1 litre of beverage	*/1 litre of beverage	100 g powder
Caloric value	563 kJ (132 kcal)	1127 kJ (265 kcal)	—	1565 kJ (368 kcal)
Fat	0 g	0 g	—	0 g
- of which saturated fatty acids	0 g	0 g	—	0 g
Carbohydrates	33.3 g	66.6 g	—	92.5 g
- of which is sugar	14.7 g	29.4 g	—	40.8 g
Fiber	0 g	0 g	—	0 g
Protein	0 g	0 g	—	0 g
Salt	0.8 g	1.6 g	—	2.2 g
Sodium	320 mg	640 mg	**	888 mg
Potassium	115 mg	230 mg	12	319 mg
Calcium	133 mg	266 mg	33	370 mg
Magnesium	69.75 mg	139.5 mg	37	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 according to the following instructions:

Measuring spoon produces

2¼ (ca. 36 g) 500 ml

4½ (ca. 72 g) 1000 ml

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

Within the last hour before the start of a competition or for example over an hour 500 ml of the beverage preparation should be drunk. During the sport activity we recommend to drink regularly 150-200 ml every 15-20 minutes.

Straight after the activity we recommend the usage of our regeneration drink.

Note for diabetics: 0.5 litre (ca. 36 g powder) of 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 900 g powder** produces 25 portions (about 12.5 litre final beverage), 1 measuring spoon (inlying)

Art. No. 2526 Eti124 [www.sanct-bernhard-sport.com](http://www.sanct-bernhard-sport.com)



## Sanct Bernhard Sport Regeneration Drink Premium Pomegranate

Nutritional supplement for the increased need after physical performance  
 Lactose-free and gluten-free, vegan

**Good to know:** After physical activity the energy and electrolyte stores are diminished. To ensure an effective replenishment of these stores, this drink contains a balanced combination of available carbohydrates and minerals. Also included are B vitamins, which ensure a functioning energy metabolism. Magnesium, vitamins B2, B6 and niacin quickly reduce fatigue after exercise while potassium supports a normal muscular function. This Regeneration Drink matches perfectly to our Isotonic Energy Drink.

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

Average nutritional values	daily portion (=500 ml)	*/500 ml of beverage	100 g powder
Calorific value	279 kJ/(65 kcal)	—	1393 kJ/(327 kcal)
Fat	0 g	—	0 g
- of which saturated fatty acids	0 g	—	0 g
Carbohydrates	15.5 g	—	78 g
- of which is sugar	8.8 g	—	44 g
Fiber	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 dose according to NRV (Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011)

**Recommended use:** Please dissolve according to the following instructions: 1¼ (approx. 20 g) measuring spoons (inlyng) produce 500 ml.

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

In order to replenish fluid and carbohydrates drink 500 ml immediately after the exercise period (e.g. competition) Before and during the exercise period, we recommend the application of our Isotone Energy Drink.

Note for diabetics: 500 ml (about 20 g powder) corresponds to 1.3 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 750 g powder** produce at least 37 portions (approx. 18.25 liters final beverage)

Art. No. 2537

Eti1024

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