Kräuterhaus
Sanct Bernhard

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



Sanct Bernhard Sport
Redcurrant Liquid Energy Boost

drinkable energy
for endurance athletes – Instant energy when you need it
vegan

Good to know:
For endurance athletes during intense muscular exertion. Short- and medium-chain carbohydrates for a gradual release of energy.
With Redcurrant Liquid Energy Boost, you get highly concentrated energy straight from the tube – fast, effective and ready to use at any time. Maximum energy in a compact form. With 36 g of carbohydrates per 50 ml, this energy booster gives you exactly what your body needs during periods of intense exertion. The combination of short- and medium-chain carbohydrates ensures a sustained energy supply – for immediate power and long-lasting performance.[1]
Fresh flavour meets quality. Enjoy the pleasantly velvety redcurrant flavour with a delicate balance of sun-ripened sweetness and a subtle fruity note – naturally flavoured for an authentic taste experience.

Your benefits at a glance:

- 36 g carbohydrates / 50 ml – extra-high energy content
- Gradual energy release thanks to a clever combination of carbohydrates
- Liquid gel in a tube – ready to use straight away
- Resealable & handy for on the go
- No additional water required
- Vegan
- With natural flavours

[1]Carbohydrate solutions help to improve physical performance during intense and prolonged physical activity in fit adults. This beneficial effect is only observed in trained adults who undertake intense (at least 65% of VO_2max) and prolonged (at least 60 minutes) physical activity.

Ingredients: Water, maltodextrin, sucrose, citric acid (acidity regulator), natural flavourings, sodium chloride, potassium citrate, potassium sorbate (preservative).

Average nutritional values:	**per 50 ml = 1 tube**	**per 100 ml**
Calorific value	622 kJ (148 kcal)	1243 kJ (296 kcal)
Fat	0 g	0 g
- of which saturated fatty acids	0 g	0 g
Carbohydrates	36 g	72 g
- of which sugar	17.5 g	35 g
Protein	0 g	0 g
Salt	0.22 g	0.44 g

Recommended intake:
Liquid Energy Boost can be taken undiluted, without additional fluid intake.

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To maintain a consistent level of performance, you should drink ½ tube approximately every 20 minutes, depending on the level of exertion.

After exercise, we recommend using our Recovery Turbo, which provides the essential nutrients for rapid recovery immediately after activity.

Note for diabetics: 1 tube (50 ml) = 3 BE.

Store away from direct light, in a dry place and at a temperature below 25 °C.
Consumption of this product is not a substitute for a varied, balanced diet and a healthy lifestyle.

Made in Germany

Contents 50 ml

Art.-No.: 2618

Tu0626

www.sanct-bernhard-sport.de

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