Kräuterhaus
Sanct Bernhard

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



Sanct Bernhard Sport
Mineral-Pur-Drink Lemon

Nutritional supplement for electrolyte balance (with sweetener)
Calorie-free, lactose-free, gluten-free, vegan, flavour: lemon

The valuable source of electrolytes during high physical activity. Refreshing and no calories!

Useful information: This mineral drink provides important electrolytes (sodium, chloride, potassium, calcium and magnesium), which should be balanced with increased perspiration and take on important functions in the body. The EFSA (European Food Safety Authority) confirms that calcium and magnesium support normal muscle function. In addition, magnesium helps to maintain the electrolyte balance.

The Mineral-Pur-Drink is ideal for high physical activity when calorie intake is undesirable. For example, during basic training, hiking, gymnastics, in the gym, during a weight loss program and many other physical activities.
- With 5 crucial electrolytes
- Easily soluble

Ingredients: Minerals (Sodium Chloride, Calcium Lactate, Potassium Citrate, Trimagnesium Citrate), flavouring: Natural Lemon, acidifier: Citric Acid, sweetener: Steviol Glycosides from Stevia, separating agent: Silicium Dioxide.

Average nutritional values:	**per portion (= 500 ml)**	**per 1 litre of drink**	***/1 l drink**	**per 100 g powder**
Calorific content	26 kJ (6 kcal)	52 kJ (12 kcal)	—	750 kJ (175 kcal)
Fat	0 g	0 g	—	0 g
Carbohydrate	1.0 g	2.0 g	—	27.8 g
- of which sugars	0.5 g	1.0 g	—	14.3 g
Dietary fibres	0 g	0 g	—	0 g
Protein	0 g	0 g	—	0 g
Salt	0.66 g	1.3 g	—	19.0 g
Sodium	260 mg	520 mg	**	7.4 g
Chloride	400 mg	800 mg	100	11.4 g
Potassium	100 mg	200 mg	10***	2.9 g
Calcium	60 mg	120 mg	15	1.7 g
Magnesium	28 mg	56 mg	15	0.8 g

*% of the recommended daily consumption according to NRV (Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011)
**No reference quantity available yet,
***Additional consumption is recommended to cover daily requirements

Recommended use: Depending on the desired intensity of taste, dissolve in water according to the following instructions:

Measuring spoon (included)	**produces**
2x lightly heaped (approx. 3.5 g)	500-750 ml

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 100 g powder produces 28 portions (approx. 14-21 litres of drink)

Art. No. 2582 Eti1125
www.sanct-bernhard-sport.com

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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
Natrium	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

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Sanct Bernhard Sport
Energy Rice Bar Apple

72% carbohydrates
Natural fuel
Energy bar with oat flakes, rice crispies and apple cubes
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 apple flavor gives you an energy boost when highest performance is required. Also suitable for cold weather.

Ingredients: Oat flakes (18.5%), glucose syrup, rice crispies (16.5%) (rice flour, **wheat flour**, sugar, salt, baking powder sodium hydrogen carbonate, **barley malt flour**), invert sugar syrup, raisins (sultanas 99.7%, sunflower oil), sugar, dried apple cubes (5.4%), fully hydrogenated coconut oil, maltodextrin, apple powder (1%), flavouring, acidifier citric acid, cinnamon, salt, 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 (50 g)**
Energy	1550 kJ /366 kcal	775 kJ /183 kcal
Fat	6 g	3 g
- of which are saturated fatty acids	4.6 g	2.3 g
Carbohydrates	72 g	36 g
- of which are sugars	38 g	19 g
Protein	4.4 g	2.2 g
Salt	0,34 g	0.17 g

1 bar (= 50 g) contains 0.07 g sodium.

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

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

Contents 50 g

Art. No. 2566

Fo0625

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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

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