Kräuterhaus
Sanct Bernhard

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

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
VitaminB6	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 (inlying) 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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