Kräuterhaus
Sanct Bernhard

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

# 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 | – | 0 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

Kräuterhaus Sanct Bernhard KG
Helfensteinstraße 47
73342 Bad Ditzenbach

Sitz der Gesellschaft: 73342 Bad Ditzenbach
Geschäftsführer: Elmar Schulz, Sally Wagner
Amtsgericht Ulm/Donau HRA 541000

Telefon 0 73 34/96 54 0
Telefax 0 73 34/96 54 44
info@kraeuterhaus.de

www.kraeuterhaus.de
Ust-ID-Nr. DE 205872348