

NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK
FRUIT PUNCH, MELON, BERRY LEMON ICE



Nutrition Facts	
6 servings per container	
Serving Size	1 stick pack (12g)
Amount per serving	
Calories	40
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 0g	
Vitamin D 0mcg	0% • Calcium 100mg 8%
Iron 0mg	0% • Potassium 100mg 2%
Vitamin A 300mcg	35% • Vitamin C 120mg 130%
Thiamine 0.15mg	15% • Riboflavin 0.17mg 15%
Niacin 2mg	15% • Vitamin B6 2mg 120%
Pantothenic Acid 0.6mg	10% • Magnesium 40mg 10%
Chromium 4.8mcg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

FRUIT PUNCH INGREDIENTS: FRUCTOSE, MALTODEXTRIN, DEXTROSE, CITRIC ACID, CALCIUM LACTATE, MAGNESIUM CITRATE, SODIUM CITRATE, L-ALANYL-L-GLUTAMINE, NATURAL & ARTIFICIAL FLAVORS, POTASSIUM CITRATE, ASCORBIC ACID, SALT, L-ARGININE HCL, POTASSIUM CHLORIDE, VEGETABLE JUICE POWDER (FOR COLOR), SILICA, SUCRALOSE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE.

MELON INGREDIENTS: FRUCTOSE, MALTODEXTRIN, DEXTROSE, NATURAL & ARTIFICIAL FLAVORS, CALCIUM LACTATE, MAGNESIUM CITRATE, CITRIC ACID, SODIUM CITRATE, L-ALANYL-L-GLUTAMINE, POTASSIUM CITRATE, SALT, ASCORBIC ACID, POTASSIUM CHLORIDE, L-ARGININE HCL, SUCRALOSE, SILICA, BETA CAROTENE (FOR COLOR), BEET ROOT POWDER (FOR COLOR), PYRIDOXINE HCL, NIACINAMIDE, VITAMIN A PALMITATE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, THIAMINE HCL, RIBOFLAVIN.

BERRY LEMON ICE INGREDIENTS: MALTODEXTRIN, FRUCTOSE, DEXTROSE, CALCIUM LACTATE, MAGNESIUM CITRATE, CITRIC ACID, SODIUM CITRATE, NATURAL & ARTIFICIAL FLAVORS, L-ALANYL L-GLUTAMINE, POTASSIUM CITRATE, ASCORBIC ACID, SALT, L-ARGININE HCL, POTASSIUM CHLORIDE, SILICA, SUCRALOSE, SPIRULINA EXTRACT (FOR COLOR), VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, THIAMINE HYDROCHLORIDE, CHROMIUM CITRATE, RIBOFLAVIN.

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 ADVOCARE® INTERNATIONAL, LLC
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FOR MORE INFORMATION VISIT ADVOCARE.COM

DIRECTIONS FOR USE:
 FOR AGES 4+, SHAKE OR STIR CONTENTS OF ONE STICK PACK (12G) INTO 8-12 OUNCES OF WATER, ADJUSTING WATER TO TASTE.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.