

# NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK  
**MELON**



## Nutrition Facts

15 servings per container

**Serving Size** 1 stick pack (12g)

Amount per serving

**Calories** **40**

% Daily Value\*

**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%

Thiamin 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.

**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.

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 ADVOCARE® INTERNATIONAL, LLC  
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**FOR MORE INFORMATION VISIT [ADVOCARE.COM](http://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.