

# NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK  
**BLACKBERRY ICED TEA**



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 5g Added Sugars		10%	
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, CALCIUM LACTATE, BLACK TEA LEAF EXTRACT (CONTAINING APPROX. 35MG OF CAFFEINE), NATURAL FLAVORS (BLACK TEA, WATERMELON, BLACKBERRY, AND OTHER NATURAL FLAVORS), CITRIC ACID, MAGNESIUM CITRATE, SODIUM CITRATE, L-ALANYL L-GLUTAMINE, POTASSIUM CITRATE, SEA SALT, ASCORBIC ACID, STEVIOL GLYCOSIDES (REBAUDIOSIDE A AND REBAUDIOSIDE M), L-ARGININE, POTASSIUM CHLORIDE, SILICA, RETINYL PALMITATE, PYRIDOXINE HCL, NIACINAMIDE, D-CALCIUM PANTOTHENATE, THIAMINE HCL, CHROMIUM CITRATE, 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 12+, 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.

ADVOCARE® INTERNATIONAL, LLC