

# NUTRITION FACTS

ADVOCARE REHYDRATE® VARIETY PACK  
ASSORTED FLAVORS



<b>Nutrition Facts</b>	
30 servings per container	
<b>Serving Size</b>	<b>1 stick pack (12g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>40</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 6g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Iron 0mg	0%
Vitamin A 300mcg	35%
Thiamine 0.15mg	15%
Niacin 2mg	15%
Pantothenic Acid 0.6mg	10%
Chromium 4.8mcg	15%
Calcium 100mg	8%
Potassium 100mg	2%
Vitamin C 120mg	130%
Riboflavin 0.17mg	15%
Vitamin B6 2mg	120%
Magnesium 40mg	10%

\*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.

RIBOFLAVIN, THIAMINE HYDROCHLORIDE. **MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, EGGS, PEANUTS, TREE NUTS, FISH, SHELLFISH AND WHEAT.**

**FRUIT PUNCH INGREDIENTS:** FRUCTOSE, MALTODEXTRIN, DEXTROSE, CITRIC ACID, CALCIUM LACTATE, MAGNESIUM CITRATE, SODIUM CITRATE, L-ALANYL L-GLUTAMINE (SUSTAMINE®†), NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM CITRATE, ASCORBIC ACID, SALT, L-ARGININE HCL, POTASSIUM CHLORIDE, VEGETABLE JUICE POWDER (FOR COLOR), SILICON DIOXIDE, SUCRALOSE, VITAMIN A PALMITATE, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE. **MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, EGGS, PEANUTS, TREE NUTS, FISH, SHELLFISH AND WHEAT.**

**BERRY LEMON ICE INGREDIENTS:** MALTODEXTRIN, FRUCTOSE, DEXTROSE, CALCIUM LACTATE, MAGNESIUM CITRATE, CITRIC ACID, SODIUM CITRATE, NATURAL & ARTIFICIAL FLAVOR, L-ALANYL L-GLUTAMINE (SUSTAMINE®†), POTASSIUM CITRATE, ASCORBIC ACID, SALT, L-ARGININE HCL, POTASSIUM CHLORIDE, SILICON DIOXIDE, SUCRALOSE, SPIRULINA EXTRACT (FOR COLOR), VITAMIN A PALMITATE, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE. **MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, EGGS, PEANUTS, TREE NUTS, FISH, SHELLFISH AND WHEAT.**

**ORANGE INGREDIENTS:** FRUCTOSE, MALTODEXTRIN, DEXTROSE, CALCIUM LACTATE, CITRIC ACID, MAGNESIUM CITRATE, SODIUM CITRATE, BETA CAROTENE, L-ALANYL-L-GLUTAMINE (SUSTAMINE®†), POTASSIUM CITRATE, ASCORBIC ACID, SALT, L-ARGININE HCL, POTASSIUM CHLORIDE, NATURAL FLAVOR, SILICON DIOXIDE, SUCRALOSE, PYRIDOXINE HYDROCHLORIDE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE. **MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, EGGS, PEANUTS, TREE NUTS, FISH, SHELLFISH AND WHEAT.**

†Contains Sustamine® - Sustamine® is a registered trademark of Kyowa HakkoBio Co., Ltd. SUSTAMINE®

**Directions For Use:** Shake or stir contents of one stick pack (12g) into 12 fluid ounces of water. Drink liberally before, during and after physical activity.

**KEEP OUT OF REACH OF CHILDREN.**

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.

**PINEAPPLE COCONUT INGREDIENTS:** MALTODEXTRIN, FRUCTOSE, DEXTROSE, CALCIUM LACTATE, MAGNESIUM CITRATE, SODIUM CITRATE, NATURAL AND ARTIFICIAL FLAVORS, CITRIC ACID, L-ALANYL L-GLUTAMINE (SUSTAMINE®†), CITRIC ACID, POTASSIUM CITRATE, SALT, ASCORBIC ACID, MALIC ACID, L-ARGININE HCL, POTASSIUM CHLORIDE, SILICON DIOXIDE, SUCRALOSE, BETA CAROTENE, PYRIDOXINE HYDROCHLORIDE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE. **MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, EGGS, PEANUTS, TREE NUTS, FISH, SHELLFISH AND WHEAT.**

**GRAPE INGREDIENTS:** FRUCTOSE, MALTODEXTRIN, DEXTROSE, CALCIUM LACTATE, CITRIC ACID, MAGNESIUM CITRATE, NATURAL AND ARTIFICIAL FLAVORS, SODIUM CITRATE, L-ALANYL L-GLUTAMINE (SUSTAMINE®†), POTASSIUM CITRATE, SALT, ASCORBIC ACID, POTASSIUM CHLORIDE, L-ARGININE HCL, GRAPE SKIN EXTRACT (FOR COLOR), SUCRALOSE, SILICON DIOXIDE, BILLBERRY FRUIT EXTRACT (FOR COLOR), BEET ROOT POWDER (FOR COLOR), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, VITAMIN A PALMITATE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE,