

NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK BERRY LEMON ICE

Nutrition Facts

Serving Size 1 Stick Pack (0.42 oz/12g) [makes 8 fl oz prepared]
Servings Per Container 14

Amount Per Serving

Calories 40 Calories from Fat 0

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Potassium 100mg **3%**

Total Carbohydrate 9g **3%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 0g

Vitamin A 20% • Vitamin C 200%

Calcium 10% • Iron 0%

Thiamine 10% • Riboflavin 10%

Niacin (niacinamide) 10% • Vitamin B6 100%

Pantothenic acid 6% • Magnesium 10%

Chromium 4%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Directions For Use: Shake or stir contents of one stick pack (12g) into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

KEEP OUT OF REACH OF CHILDREN.

Store product 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.

FABRICADO EN UNA INSTALACIÓN DONDE SE PROCESA LECHE, SOYA, HUEVOS, MANÍ, FRUTOS SECOS, PESCADO, MARISCOS Y TRIGO.

Instrucciones de uso: Agite o revuelva el contenido de un sobrecito (12g) en 8 onzas de agua. Bébalo generosamente antes, durante y después de la actividad física.


MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS.

Guarde alejado del calor, luz y humedad excesivos.

Esta información en línea es correcta y precisa al momento de su publicación. Por favor, consulte la etiqueta del producto para la revisión actual.



INGREDIENTS: MALTODEXTRIN, FRUCTOSE, DEXTROSE, CALCIUM LACTATE, MAGNESIUM CITRATE, CITRIC ACID, SODIUM CITRATE, NATURAL AND 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.**

† Contains Sustamine® - Sustamine® is a registered trademark of Kyowa Hakko Bio Co., Ltd. 

NUTRITION FACTS

ADVOCARE REHYDRATE® CANISTER BERRY LEMON ICE

Nutrition Facts

Serving Size 1 Scoop (0.42 oz/12g) [makes 8 fl oz prepared]
Servings Per Container About 30

Amount Per Serving

Calories 40 Calories from Fat 0

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Potassium 100mg **3%**

Total Carbohydrate 9g **3%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 0g

Vitamin A 20% • Vitamin C 200%

Calcium 10% • Iron 0%

Thiamine 10% • Riboflavin 10%

Niacin (niacinamide) 10% • Vitamin B6 100%

Pantothenic acid 6% • Magnesium 10%

Chromium 4%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: MALTODEXTRIN, FRUCTOSE, DEXTROSE, CALCIUM LACTATE, MAGNESIUM CITRATE, CITRIC ACID, SODIUM CITRATE, NATURAL AND 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.**

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Bio Co., Ltd.  SUSTAMINE®

Directions For Use: Shake or stir contents of one scoop (12g) into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

KEEP OUT OF REACH OF CHILDREN.

Store product 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.

FABRICADO EN UNA INSTALACIÓN DONDE SE PROCESA LECHE, SOYA, HUEVOS, MANÍ, FRUTOS SECOS, PESCADO, MARISCOS Y TRIGO.

Instrucciones de uso: Agite o revuelva el contenido de una medida (12g) en 8 onzas de agua. Bébalo generosamente antes, durante y después de la actividad física.

MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS.

Guarde alejado del calor, luz y humedad excesivos.

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NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK ORANGE

Nutrition Facts

Serving Size 1 Stick Pack (0.42 oz/12g) [makes 8 fl oz prepared]
Servings Per Container 14

Amount Per Serving

Calories 40 Calories from Fat 0

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Potassium 100mg **3%**

Total Carbohydrate 9g **3%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 0g

Vitamin A 20% • Vitamin C 200%

Calcium 10% • Iron 0%

Thiamine 10% • Riboflavin 10%

Niacin (niacinamide) 10% • Vitamin B6 100%

Pantothenic acid 6% • Magnesium 10%


Chromium 4%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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.**

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Directions For Use: Shake or stir contents of one stick pack (12g) into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

KEEP OUT OF REACH OF CHILDREN.

Store product 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.

FABRICADO EN UNA INSTALACIÓN DONDE SE PROCESA LECHE, SOYA, HUEVOS, MANÍ, FRUTOS SECOS, PESCADO, MARISCOS Y TRIGO.

Instrucciones de uso: Agite o revuelva el contenido de un sobrecito (12g) en 8 onzas de agua. Bébalo generosamente antes, durante y después de la actividad física.

MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS.

Guarde alejado del calor, luz y humedad excesivos.

Esta información en línea es correcta y precisa al momento de su publicación. Por favor, consulte la etiqueta del producto para la revisión actual.



NUTRITION FACTS

ADVOCARE REHYDRATE® CANISTER
ORANGE

Nutrition Facts

Serving Size 1 Scoop (0.42 oz/12g) [makes 8 fl oz prepared]
Servings Per Container About 30

Amount Per Serving

Calories 40 Calories from Fat 0

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Potassium 100mg **3%**

Total Carbohydrate 9g **3%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 0g

Vitamin A 20% • Vitamin C 200%

Calcium 10% • Iron 0%

Thiamine 10% • Riboflavin 10%

Niacin (niacinamide) 10% • Vitamin B6 100%

Pantothenic acid 6% • Magnesium 10%


Chromium 4%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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.**

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Directions For Use: Shake or stir contents of one scoop (12g) into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

KEEP OUT OF REACH OF CHILDREN.

Store product away from excessive heat, light and humidity.

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FABRICADO EN UNA INSTALACIÓN DONDE SE PROCESA LECHE, SOYA, HUEVOS, MANÍ, FRUTOS SECOS, PESCADO, MARISCOS Y TRIGO.

Instrucciones de uso: Agite o revuelva el contenido de una medida (12g) en 8 onzas de agua. Bébalo generosamente antes, durante y después de la actividad física.

MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS.

Guarde alejado del calor, luz y humedad excesivos.

Esta información en línea es correcta y precisa al momento de su publicación. Por favor, consulte la etiqueta del producto para la revisión actual.



NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK FRUIT PUNCH

Nutrition Facts	
Serving Size 1 Stick Pack (0.42 oz/12g) [makes 8 fl oz prepared]	
Servings Per Container 14	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Potassium 100mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 0g	
Vitamin A 20%	• Vitamin C 200%
Calcium 10%	• Iron 0%
Thiamine 10%	• Riboflavin 10%
Niacin (niacinamide) 10%	• Vitamin B6 100%
Pantothenic acid 6%	• Magnesium 10%
Chromium 4%	
*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Directions For Use: Shake or stir contents of one stick pack (12g) into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

KEEP OUT OF REACH OF CHILDREN.

Store product 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.

FABRICADO EN UNA INSTALACIÓN DONDE SE PROCESA LECHE, SOYA, HUEVOS, MANÍ, FRUTOS SECOS, PESCADO, MARISCOS Y TRIGO.

Instrucciones de uso: Agite o revuelva el contenido de un sobrecito (12g) en 8 onzas de agua. Bébalo generosamente antes, durante y después de la actividad física.


MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS.

Guarde alejado del calor, luz y humedad excesivos.

Esta información en línea es correcta y precisa al momento de su publicación. Por favor, consulte la etiqueta del producto para la revisión actual.



INGREDIENTS: FRUCTOSE, MALTODEXTRIN, DEXTROSE, CITRIC ACID, CALCIUM LACTATE, MAGNESIUM CITRATE, SODIUM CITRATE, L-ALANYL L-GLUTAMINE (SUSTAMINE®†), NATURAL & 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.
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NUTRITION FACTS

ADVOCARE REHYDRATE® CANISTER
FRUIT PUNCH

Nutrition Facts

Serving Size 1 Scoop (0.42 oz/12g) [makes 8 fl oz prepared]
Servings Per Container About 30

Amount Per Serving

Calories 40 Calories from Fat 0

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Potassium 100mg **3%**

Total Carbohydrate 9g **3%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 0g

Vitamin A 20% • Vitamin C 200%

Calcium 10% • Iron 0%

Thiamine 10% • Riboflavin 10%

Niacin (niacinamide) 10% • Vitamin B6 100%

Pantothenic acid 6% • Magnesium 10%


Chromium 4%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: FRUCTOSE, MALTODEXTRIN, DEXTROSE, CITRIC ACID, CALCIUM LACTATE, MAGNESIUM CITRATE, SODIUM CITRATE, L-ALANYL L-GLUTAMINE (SUSTAMINE®†), NATURAL & 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.
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Directions For Use: Shake or stir contents of one scoop (12g) into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

KEEP OUT OF REACH OF CHILDREN.

Store product away from excessive heat, light and humidity.

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FABRICADO EN UNA INSTALACIÓN DONDE SE PROCESA LECHE, SOYA, HUEVOS, MANÍ, FRUTOS SECOS, PESCADO, MARISCOS Y TRIGO.

Instrucciones de uso: Agite o revuelva el contenido de una medida (12g) en 8 onzas de agua. Bébalo generosamente antes, durante y después de la actividad física.

MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS.

Guarde alejado del calor, luz y humedad excesivos.

Esta información en línea es correcta y precisa al momento de su publicación. Por favor, consulte la etiqueta del producto para la revisión actual.



NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK KEY LIME CHERRY

Nutrition Facts	
Serving Size 1 Stick Pack (0.42 oz/12g) [makes 8 fl oz prepared]	
Servings Per Container 14	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Potassium 100mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 0g	
Vitamin A 20%	• Vitamin C 200%
Calcium 10%	• Iron 0%
Thiamine 10%	• Riboflavin 10%
Niacin (niacinamide) 10%	• Vitamin B6 100%
Pantothenic acid 6%	• Magnesium 10%
Chromium 4%	
*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Directions For Use: Shake or stir contents of one stick pack (12g) into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

KEEP OUT OF REACH OF CHILDREN.

Store product away from excessive heat, light and humidity.

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FABRICADO EN UNA INSTALACIÓN DONDE SE PROCESA LECHE, SOYA, HUEVOS, MANÍ, FRUTOS SECOS, PESCADO, MARISCOS Y TRIGO.

Instrucciones de uso: Agite o revuelva el contenido de un sobrecito (12g) en 8 onzas de agua. Bébalo generosamente antes, durante y después de la actividad física.

MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS.

Guarda alejado del calor, luz y humedad excesivos.

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INGREDIENTS: FRUCTOSE, MALTODEXTRIN, DEXTROSE, CALCIUM LACTATE, NATURAL AND ARTIFICIAL FLAVORS, MAGNESIUM CITRATE, MALIC ACID, SODIUM CITRATE, L-ALANYL-L-GLUTAMINE (SUSTAMINE®†), POTASSIUM CITRATE, ASCORBIC ACID, SALT, L-ARGININE HCL, POTASSIUM CHLORIDE, BETA CAROTENE, SILICON DIOXIDE, SPIRULINA (FOR COLOR), SUCRALOSE, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE.
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NUTRITION FACTS

ADVOCARE REHYDRATE® CANISTER KEY LIME CHERRY

Nutrition Facts	
Serving Size 1 Scoop (0.42 oz/12g) [makes 8 fl oz prepared]	
Servings Per Container About 30	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Potassium 100mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 0g	
Vitamin A 20%	• Vitamin C 200%
Calcium 10%	• Iron 0%
Thiamine 10%	• Riboflavin 10%
Niacin (niacinamide) 10%	• Vitamin B6 100%
Pantothenic acid 6%	• Magnesium 10%
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Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Directions For Use: Shake or stir contents of one scoop (12g) into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

KEEP OUT OF REACH OF CHILDREN.

Store product away from excessive heat, light and humidity.

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FABRICADO EN UNA INSTALACIÓN DONDE SE PROCESA LECHE, SOYA, HUEVOS, MANÍ, FRUTOS SECOS, PESCADO, MARISCOS Y TRIGO.

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MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS.

Guarde alejado del calor, luz y humedad excesivos.

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INGREDIENTS: FRUCTOSE, MALTODEXTRIN, DEXTROSE, CALCIUM LACTATE, NATURAL AND ARTIFICIAL FLAVORS, MAGNESIUM CITRATE, MALIC ACID, SODIUM CITRATE, L-ALANYL-L-GLUTAMINE (SUSTAMINE®†), POTASSIUM CITRATE, ASCORBIC ACID, SALT, L-ARGININE HCL, POTASSIUM CHLORIDE, BETA CAROTENE, SILICON DIOXIDE, SPIRULINA (FOR COLOR), SUCRALOSE, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE.
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NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK MANGO PINEAPPLE

Nutrition Facts	
Serving Size 1 Stick Pack (0.42 oz/12g) [makes 8 fl oz prepared]	
Servings Per Container 14	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Potassium 100mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 0g	
Vitamin A 20%	• Vitamin C 200%
Calcium 10%	• Iron 0%
Thiamine 10%	• Riboflavin 10%
Niacin (niacinamide) 10%	• Vitamin B6 100%
Pantothenic acid 6%	• Magnesium 10%
Chromium 4%	
*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Directions For Use: Shake or stir contents of one stick pack (12g) into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

KEEP OUT OF REACH OF CHILDREN.

Store product 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.

FABRICADO EN UNA INSTALACIÓN DONDE SE PROCESA LECHE, SOYA, HUEVOS, MANÍ, FRUTOS SECOS, PESCADO, MARISCOS Y TRIGO.

Instrucciones de uso: Agite o revuelva el contenido de un sobrecito (12g) en 8 onzas de agua. Bébalo generosamente antes, durante y después de la actividad física.


MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS.

Guarde alejado del calor, luz y humedad excesivos.

Esta información en línea es correcta y precisa al momento de su publicación. Por favor, consulte la etiqueta del producto para la revisión actual.



INGREDIENTS: FRUCTOSE, MALTODEXTRIN, DEXTROSE, CALCIUM LACTATE, MAGNESIUM CITRATE, NATURAL AND ARTIFICIAL FLAVORS, MALIC ACID, SODIUM CITRATE, L-ALANYL-L-GLUTAMINE (SUSTAMINE® †), POTASSIUM CITRATE, ASCORBIC ACID, SALT, L-ARGININE HCL, POTASSIUM CHLORIDE, BETA CAROTENE, SILICON DIOXIDE, SUCRALOSE, 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.**

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

NUTRITION FACTS

ADVOCARE REHYDRATE® CANISTER MANGO PINEAPPLE

Nutrition Facts	
Serving Size 1 Scoop (0.42 oz/12g) [makes 8 fl oz prepared]	
Servings Per Container About 30	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Potassium 100mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 0g	
Vitamin A 20%	• Vitamin C 200%
Calcium 10%	• Iron 0%
Thiamine 10%	• Riboflavin 10%
Niacin (niacinamide) 10%	• Vitamin B6 100%
Pantothenic acid 6%	• Magnesium 10%
Chromium 4%	
*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Directions For Use: Shake or stir contents of one scoop (12g) into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

KEEP OUT OF REACH OF CHILDREN.

Store product 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.

FABRICADO EN UNA INSTALACIÓN DONDE SE PROCESA LECHE, SOYA, HUEVOS, MANÍ, FRUTOS SECOS, PESCADO, MARISCOS Y TRIGO.

Instrucciones de uso: Agite o revuelva el contenido de una medida (12g) en 8 onzas de agua. Bébalo generosamente antes, durante y después de la actividad física.


MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS.

Guarde alejado del calor, luz y humedad excesivos.

Esta información en línea es correcta y precisa al momento de su publicación. Por favor, consulte la etiqueta del producto para la revisión actual.



INGREDIENTS: FRUCTOSE, MALTODEXTRIN, DEXTROSE, CALCIUM LACTATE, MAGNESIUM CITRATE, NATURAL AND ARTIFICIAL FLAVORS, MALIC ACID, SODIUM CITRATE, L-ALANYL-L-GLUTAMINE (SUSTAMINE® †), POTASSIUM CITRATE, ASCORBIC ACID, SALT, L-ARGININE HCL, POTASSIUM CHLORIDE, BETA CAROTENE, SILICON DIOXIDE, SUCRALOSE, 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.**

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NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK RED RASPBERRY

Nutrition Facts

Serving Size 1 Stick Pack (0.42 oz/12g) [makes 8 fl oz prepared]
Servings Per Container 14

Amount Per Serving

Calories 40 Calories from Fat 0

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Potassium 100mg **3%**

Total Carbohydrate 9g **3%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 0g

Vitamin A 20% • Vitamin C 200%

Calcium 10% • Iron 0%

Thiamine 10% • Riboflavin 10%

Niacin (niacinamide) 10% • Vitamin B6 100%

Pantothenic acid 6% • Magnesium 10%


Chromium 4%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: FRUCTOSE, MALTODEXTRIN, DEXTROSE, CALCIUM LACTATE, NATURAL FLAVORS, MAGNESIUM CITRATE, MALIC ACID, SODIUM CITRATE, L-ALANYL- L-GLUTAMINE (SUSTAMINE®†), POTASSIUM CITRATE, ASCORBIC ACID, SALT, POTASSIUM CHLORIDE, L-ARGININE HCL, BETA CAROTENE, BEET ROOT POWDER (FOR COLOR), SILICON DIOXIDE, SUCRALOSE, 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.**

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Directions For Use: Shake or stir contents of one stick pack (12g) into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

KEEP OUT OF REACH OF CHILDREN.

Store product 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.

FABRICADO EN UNA INSTALACIÓN DONDE SE PROCESA LECHE, SOYA, HUEVOS, MANÍ, FRUTOS SECOS, PESCADO, MARISCOS Y TRIGO.

Instrucciones de uso: Agite o revuelva el contenido de un sobrecito (12g) en 8 onzas de agua. Bébalo generosamente antes, durante y después de la actividad física.

MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS.

Guarde alejado del calor, luz y humedad excesivos.

Esta información en línea es correcta y precisa al momento de su publicación. Por favor, consulte la etiqueta del producto para la revisión actual.



NUTRITION FACTS

ADVOCARE REHYDRATE® CANISTER RED RASPBERRY

Nutrition Facts

Serving Size 1 Scoop (0.42 oz/12g) [makes 8 fl oz prepared]
Servings Per Container About 30

Amount Per Serving

Calories 40 Calories from Fat 0

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Potassium 100mg **3%**

Total Carbohydrate 9g **3%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 0g

Vitamin A 20% • Vitamin C 200%

Calcium 10% • Iron 0%

Thiamine 10% • Riboflavin 10%

Niacin (niacinamide) 10% • Vitamin B6 100%

Pantothenic acid 6% • Magnesium 10%


Chromium 4%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: FRUCTOSE, MALTODEXTRIN, DEXTROSE, CALCIUM LACTATE, NATURAL FLAVORS, MAGNESIUM CITRATE, MALIC ACID, SODIUM CITRATE, L-ALANYL- L-GLUTAMINE (SUSTAMINE®†), POTASSIUM CITRATE, ASCORBIC ACID, SALT, POTASSIUM CHLORIDE, L-ARGININE HCL, BETA CAROTENE, BEET ROOT POWDER (FOR COLOR), SILICON DIOXIDE, SUCRALOSE, 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.**

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Directions For Use: Shake or stir contents of one scoop (12g) into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

KEEP OUT OF REACH OF CHILDREN.

Store product 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.

FABRICADO EN UNA INSTALACIÓN DONDE SE PROCESA LECHE, SOYA, HUEVOS, MANÍ, FRUTOS SECOS, PESCADO, MARISCOS Y TRIGO.

Instrucciones de uso: Agite o revuelva el contenido de una medida (12g) en 8 onzas de agua. Bébalo generosamente antes, durante y después de la actividad física.

MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS.

Guarde alejado del calor, luz y humedad excesivos.

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