

# NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK  
**LEMON RASPBERRY, PEACH PEAR, PINEAPPLE COCONUT**



<b>Nutrition Facts</b>	
15 servings per container	
<b>Serving Size</b>	<b>1 stick pack (12g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>40</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans 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.

**LEMON RASPBERRY INGREDIENTS:** FRUCTOSE, MALTODEXTRIN, DEXTROSE, CALCIUM LACTATE, CITRIC ACID, MAGNESIUM CITRATE, NATURAL FLAVORS, SODIUM CITRATE, L-ALANINE L-GLUTAMINE, POTASSIUM CITRATE, ASCORBIC ACID, SALT, L-ARGININE, POTASSIUM CHLORIDE, SILICON DIOXIDE, SUCRALOSE, BEET ROOT POWDER (FOR COLOR), BETA CAROTENE, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE.

**PEACH PEAR INGREDIENTS:** FRUCTOSE, MALTODEXTRIN, DEXTROSE, CALCIUM LACTATE, CITRIC ACID, NATURAL FLAVORS, MAGNESIUM CITRATE, SODIUM CITRATE, L-ALANYL-L-GLUTAMINE, POTASSIUM CITRATE, ASCORBIC ACID, SALT, L-ARGININE, POTASSIUM CHLORIDE, SILICON DIOXIDE, SUCRALOSE, VEGETABLE JUICE POWDER (FOR COLOR), BETA CAROTENE, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE.

**PINEAPPLE COCONUT INGREDIENTS:** FRUCTOSE, MALTODEXTRIN, DEXTROSE, CALCIUM LACTATE, CITRIC ACID, MAGNESIUM CITRATE, NATURAL & ARTIFICIAL FLAVORS, SODIUM CITRATE, L-ALANINE L-GLUTAMINE, POTASSIUM CITRATE, ASCORBIC ACID, SALT, L-ARGININE, POTASSIUM CHLORIDE, SILICON DIOXIDE, BETA CAROTENE, SUCRALOSE, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE.

FORMULATED/MANUFACTURED EXCLUSIVELY FOR  
 ADVOCARE® INTERNATIONAL, LLC  
 RICHARDSON, TX 75082 • 800-542-4800

**FOR MORE INFORMATION VISIT [ADVOCARE.COM](http://ADVOCARE.COM)**

**DIRECTIONS:**

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

**STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.**

**KEEP OUT OF REACH OF CHILDREN.**

**CONTAINS BIOENGINEERED INGREDIENTS.**

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