

NUTRITION FACTS

REHYDRATE® STICK PACK
MELON



Nutrition Facts	
14 servings per container	
Serving Size	1 stick pack (12g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> 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%
Thiamine 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 AND ARTIFICIAL FLAVORS, CALCIUM LACTATE, MAGNESIUM CITRATE, CITRIC ACID, SODIUM CITRATE, L-ALANYL-L-GLUTAMINE, POTASSIUM CITRATE, ASCORBIC ACID, SALT, POTASSIUM CHLORIDE, L-ARGININE HCL, SUCRALOSE, SILICON DIOXIDE, BETA CAROTENE (FOR COLOR), BEET ROOT POWDER (FOR COLOR), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, VITAMIN A PALMITATE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE.

MANUFACTURED IN A FACILITY THAT PROCESSES MILK, EGG, FISH, SHELLFISH, TREE NUTS, WHEAT AND SOY.

FORMULATED/MANUFACTURED EXCLUSIVELY FOR
 ADVOCARE® INTERNATIONAL, LLC
 RICHARDSON, TX 75082 • 800-542-4800
FOR MORE INFORMATION VISIT ADVOCARE.COM

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.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

KEEP OUT OF REACH OF CHILDREN.

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

NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK
GRAPE



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

INGREDIENTS: FRUCTOSE, MALTODEXTRIN, DEXTROSE, CALCIUM LACTATE, CITRIC ACID, MAGNESIUM CITRATE, NATURAL & ARTIFICIAL FLAVORS, SODIUM CITRATE, L-ALANYL-L-GLUTAMINE, 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, RIBOFLAVIN, THIAMINE HYDROCHLORIDE.

MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, EGGS, TREE NUTS, FISH, SHELLFISH AND WHEAT.

FORMULATED/MANUFACTURED EXCLUSIVELY FOR
 ADVOCARE® INTERNATIONAL, LLC
 RICHARDSON, TX 75082 • 800-542-4800
FOR MORE INFORMATION VISIT ADVOCARE.COM

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.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

KEEP OUT OF REACH OF CHILDREN.

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

NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK
LEMON LIME



Nutrition Facts	
14 servings per container	
Serving Size	1 stick pack (12g)
Amount per serving	
Calories	40
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> 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%
Thiamine 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, CITRIC ACID, MAGNESIUM CITRATE, NATURAL AND ARTIFICIAL FLAVORS, SODIUM CITRATE, L-ALANYL-L-GLUTAMINE, POTASSIUM CITRATE, SALT, ASCORBIC ACID, POTASSIUM CHLORIDE, L-ARGININE, SILICON DIOXIDE, BETA CAROTENE (FOR COLOR), SUCRALOSE, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, VITAMIN A PALMITATE, CALCIUM D-PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE.

MANUFACTURED IN A FACILITY THAT PROCESSES MILK, EGG, FISH, SHELLFISH, TREE NUTS, WHEAT AND SOY.

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

FOR MORE INFORMATION VISIT ADVOCARE.COM

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.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

KEEP OUT OF REACH OF CHILDREN.

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

NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK
BERRY LEMON ICE



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

INGREDIENTS: MALTODEXTRIN, FRUCTOSE, DEXTROSE, CALCIUM LACTATE, MAGNESIUM CITRATE, CITRIC ACID, SODIUM CITRATE, NATURAL & ARTIFICIAL FLAVOR, L-ALANYL-L-GLUTAMINE, 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.

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

FOR MORE INFORMATION VISIT ADVOCARE.COM

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.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

KEEP OUT OF REACH OF CHILDREN.

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

NUTRITION FACTS

REHYDRATE® STICK PACK
ORANGE



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

INGREDIENTS: FRUCTOSE, MALTODEXTRIN, DEXTROSE, CALCIUM LACTATE, CITRIC ACID, MAGNESIUM CITRATE, SODIUM CITRATE, BETA CAROTENE, L-ALANYL-L-GLUTAMINE, 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.

FORMULATED/MANUFACTURED EXCLUSIVELY FOR
 ADVOCARE® INTERNATIONAL, LLC
 RICHARDSON, TX 75082 • 800-542-4800
FOR MORE INFORMATION VISIT ADVOCARE.COM

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.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

KEEP OUT OF REACH OF CHILDREN.

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

NUTRITION FACTS

REHYDRATE® STICK PACK
FRUIT PUNCH



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

INGREDIENTS: FRUCTOSE, MALTODEXTRIN, DEXTROSE, CITRIC ACID, CALCIUM LACTATE, MAGNESIUM CITRATE, SODIUM CITRATE, L-ALANYL-L-GLUTAMINE, 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.

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

FORMULATED/MANUFACTURED EXCLUSIVELY FOR
 ADVOCARE® INTERNATIONAL, LLC
 RICHARDSON, TX 75082 • 800-542-4800
FOR MORE INFORMATION VISIT ADVOCARE.COM

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.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

KEEP OUT OF REACH OF CHILDREN.

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

NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK
RED RASPBERRY



Nutrition Facts	
14 servings per container	
Serving Size	1 stick pack (12g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> 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%
Thiamine 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, NATURAL FLAVORS, MAGNESIUM CITRATE, MALIC ACID, SODIUM CITRATE, L-ALANYL-L-GLUTAMINE, 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.

FORMULATED/MANUFACTURED EXCLUSIVELY FOR
 ADVOCARE® INTERNATIONAL, LLC
 RICHARDSON, TX 75082 • 800-542-4800
FOR MORE INFORMATION VISIT ADVOCARE.COM

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.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

KEEP OUT OF REACH OF CHILDREN.

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

NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK
MANGO PINEAPPLE



Nutrition Facts	
14 servings per container	
Serving Size	1 stick pack (12g)
Amount per serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> 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%
Thiamine 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, MAGNESIUM CITRATE, NATURAL & ARTIFICIAL FLAVORS, MALIC ACID, SODIUM CITRATE, L-ALANYL-L-GLUTAMINE, 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.

FORMULATED/MANUFACTURED EXCLUSIVELY FOR
 ADVOCARE® INTERNATIONAL, LLC
 RICHARDSON, TX 75082 • 800-542-4800
FOR MORE INFORMATION VISIT ADVOCARE.COM

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.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

KEEP OUT OF REACH OF CHILDREN.

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