

NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK
LEMON 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%**

Trans 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 FLAVORS, SODIUM CITRATE, L-ALANINE L-GLUTAMINE, POTASSIUM CITRATE, ASCORBIC ACID, SALT, L-ARGININE, POTASSIUM CHLORIDE, SILICA, SUCRALOSE, BEET ROOT POWDER (FOR COLOR), BETA CAROTENE, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE.

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FOR MORE INFORMATION VISIT [ADVOCARE.COM](https://www.advocare.com)

DIRECTIONS FOR USE:

FOR AGES 4+, 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.

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