

NUTRITION FACTS

ADVOCARE REHYDRATE® Stick Pack
PINEAPPLE COCONUT



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: MALTODEXTRIN, FRUCTOSE, DEXTROSE, CALCIUM LACTATE, MAGNESIUM CITRATE, SODIUM CITRATE, NATURAL AND ARTIFICIAL FLAVORS, CITRIC ACID, L-ALANYL-L-GLUTAMINE (SUSTAMINE®†), 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.

†CONTAINS SUSTAMINE® - SUSTAMINE® IS A REGISTERED TRADEMARK OF KYOWA HAKKO BIO CO., LTD.  SUSTAMINE®

FORMULATED/MANUFACTURED EXCLUSIVELY FOR
 ADVOCARE® INTERNATIONAL, L.P.,
 PLANO, TX 75074 • 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.

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.