

# NUTRITION FACTS

ADVOCARE REHYDRATE® STICK PACK  
**BLUEBERRY LEMON DROP**



<b>Nutrition Facts</b>	
14 servings per container	
<b>Serving Size</b>	<b>1 stick pack (12g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>40</b>
<b>% Daily Value*</b>	
<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% • Calcium 100mg 8%
Iron 0mg	0% • Potassium 100mg 2%
Vitamin A 300mcg	35% • Vitamin C 120mg 130%
Thiamin 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, DEXTROSE, MALTODEXTRIN, NATURAL FLAVORS, CALCIUM LACTATE, CITRIC ACID, MAGNESIUM CITRATE, SODIUM CITRATE, L-ALANYL L-GLUTAMINE, POTASSIUM CITRATE, SALT, ASCORBIC ACID, POTASSIUM CHLORIDE, L-ARGININE HCL, STEVIA LEAF EXTRACT (REB M), SPIRULINA EXTRACT (FOR COLOR), SILICA, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE.

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