

# S U P P L E M E N T F A C T S

ADVOCARE REHYDRATE®  
HYDRATION+ENERGY CANISTER

**MIXED BERRY**

## Supplement Facts

Serving Size: 1 Scoop (7g)  
Servings Per Container: 25

	Amt Per Serving	%DV
Calories	15	
Total Carbohydrate	3g	1%†
Total Sugars	2g	**
Includes 2g Added Sugars		3%†
Vitamin B6 (as pyridoxine HCl)	8.5mg	500%
Vitamin B12 (as methylcobalamin)	48mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	25mg	500%
Choline (as choline dihydrogen citrate)	225mg	40%
Magnesium (as magnesium citrate)	60mg	14%
Chloride (as sodium chloride, Himalayan pink salt, and potassium chloride)	575mg	25%
Sodium (as sodium chloride and Himalayan pink salt)	300mg	13%
Potassium (as potassium chloride)	130mg	2%
L-Tyrosine	500mg	**
Taurine	500mg	**
L-Theanine	200mg	**
Green Tea (leaf) Extract (contains 100mg of caffeine)	110mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**OTHER INGREDIENTS:** ORGANIC CANE SUGAR, ISOMALTULOSE, CITRIC ACID, NATURAL FLAVORS, VEGETABLE JUICE POWDER (FOR COLOR), STEVIA LEAF EXTRACT, SUCRALOSE.

MANUFACTURED EXCLUSIVELY FOR  
ADVOCARE® INTERNATIONAL, LLC  
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**FOR MORE INFORMATION VISIT [ADVOCARE.COM](http://ADVOCARE.COM)**

### **DIRECTIONS FOR USE:**

MIX ONE SCOOP INTO 10-14 OUNCES OF WATER, ADJUSTING WATER TO TASTE. SHAKE UP + SIP IN THE BENEFITS!

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

**KEEP OUT OF REACH OF CHILDREN.** CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. THIS PRODUCT CONTAINS CAFFEINE.

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