

# NUTRITION FACTS

ADVOCARE REHYDRATE® Canister  
**PINEAPPLE COCONUT**



<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>%Daily Value*</b>	<b>Amount/serving</b>	<b>%Daily Value*</b>
	About 30 servings per container <b>Serving size</b> <b>1 scoop (12g)</b>  <b>Calories per serving</b> <b>40</b>	<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 9g
	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>
	<i>Trans</i> Fat 0g		Total Sugars 6g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 6g Added Sugars	<b>12%</b>
	<b>Sodium</b> 100mg	<b>4%</b>	<b>Protein</b> 0g	
*The % Daily Value (DV) 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.				
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 (as niacinamide) 2mg 15% • Vitamin B6 2mg 120% • Pantothenic Acid 0.6mg 10% • Magnesium 40mg 10% • Chromium 4.8mcg 15%				

**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](http://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.