

# NUTRITION FACTS

REHYDRATE GEL  
LEMON



<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving Size</b>	<b>1 pouch (49g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
	<small>% Daily Value*</small>
<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> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 14g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Iron 0mg	0%
Vitamin A 150mcg	15%
Thiamine 0.08mg	6%
Niacin 1mg	6%
Pantothenic Acid 0.6mg	10%
Chromium 2.4mcg	6%
Calcium 100mg	8%
Potassium 70mg	2%
Vitamin C 120mg	130%
Riboflavin 0.09mg	6%
Vitamin B6 1mg	60%
Magnesium 40mg	10%

\*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:** PURIFIED WATER, MALTODEXTRIN, FRUCTOSE, DEXTROSE, CALCIUM LACTATE GLUCONATE, MAGNESIUM CITRATE, XANTHAN GUM, CITRIC ACID, ASCORBIC ACID, MALIC ACID, SODIUM CITRATE, NATURAL & ARTIFICIAL FLAVOR, POTASSIUM CITRATE, SALT, POTASSIUM CHLORIDE, L-GLUTAMINE, POTASSIUM SORBATE, BETA CAROTENE, SODIUM BENZOATE, SUCRALOSE, PYRIDOXINE HYDROCHLORIDE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN.

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**DIRECTIONS FOR USE:**

**BOOST:** CONSUME 1 POUCH 15 MINUTES BEFORE ACTIVITY.  
**REPLENISH:** CONSUME 1-2 POUCHES EVERY HOUR OF ACTIVITY.  
**RECOVER:** CONSUME 1 POUCH IMMEDIATELY AFTER ACTIVITY.  
ALWAYS DRINK PLENTY OF WATER WHEN EXERCISING.

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

**KEEP OUT OF REACH OF CHILDREN.**

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