



## Get Rehydrated

- Thirst quencher\*
- Optimal hydration\*
- Electrolyte replenisher\*

#1460 - 14 packets - \$18.95

### NUTRITION FACTS

Serving Size: 1 Packet (12 g)  
Servings Per Container: 14

Amount Per Serving		% Daily Value*	
Calories	40	Calories from Fat	0
<b>Total Fat</b>	0 g		0%
Saturated Fat	0 g		
Trans Fat	0 g		
<b>Cholesterol</b>	0 g		0%
<b>Sodium</b>	130 mg		5%
<b>Potassium</b>	130 mg		4%
<b>Total Carbohydrate</b>	10 g		3%
Dietary Fiber	0 g		0%
Sugars	9 g		
<b>Protein</b>	0 g		
Vitamin A	70%	Vitamin C	4%
Calcium	10%	Iron	0%
Phosphorus	6%	Magnesium	10%
Zinc	6%	Chloride	2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4

### INGREDIENTS:

Fructose, Dextrose, Maltodextrin, Fruit and Vegetable Juice and Beta Carotene (for color), Natural Flavors, Sucralose, Proprietary Rehydration Complex™ (Citric Acid, Magnesium Citrate, Sodium Citrate, Calcium Phosphate, Salt, Potassium Citrate, Potassium Phosphate, Calcium Citrate, Potassium Chloride, Zinc Gluconate, Calcium Lactate Gluconate, L-Citrulline Malate, Alpha Lipoic Acid, D-Ribose).

Manufactured in a facility that processes Soy, Milk, Eggs, Nuts and Wheat.

**DIRECTIONS:** Blend, shake or stir 1 packet (12 g) into 12 fluid ounces of cold water. Drink liberally before, during and after physical activity.

For maximum freshness store product in a cool, dry place.

## Ultimate Sports Drink Mix

**SPN Rehydration** is a refreshing rehydration drink mix that helps replenish vital fluids and electrolytes lost through perspiration.\*

**SPN Rehydration** provides essential nutrients to delay the onset of fatigue and hydrates your body by re-establishing your electrolyte balance.\*

**SPN Rehydration** contains sodium, calcium, potassium, magnesium, antioxidants, and other nutrients that help promote optimal hydration and recovery.\*