

Electrolyte Drink Mix

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Stay Hydrated and Energized with this Sugar-Free Electrolyte Drink

- Stay hydrated during exercise*
- Support muscle health and movement*
- Bolster your energy levels*
- Replenish important minerals lost through everyday activity**
- Keep your heart strong and healthy*
- Soothe your adrenals and nerves*
- Great-tasting drink mix with Pink Himalayan salt and naturally derived sweeteners

Electrolytes are important for keeping us fit and energized.* These essential minerals escort water into your cells and support blood volume, so that you don't become dehydrated.* Whether you're an athlete who wants to go that extra mile, someone who wants more energy and vitality, or just want to keep doing what you love, electrolytes are your best friend.* That's why we formulated this delicious, sugar-free, lemon-lime-flavored **Electrolyte Drink Mix**. It's sweetened with sugar substitutes like allulose and monk fruit extract, so you don't have to worry about the high sugar content found in other electrolyte drinks.*

Supports Optimal Electrolyte Balance*

We are often low in electrolytes at a time when our bodies need these minerals the most.* The electrolytes in this sugar-free **Electrolyte Drink Mix**—magnesium, potassium, sodium and chloride as NaCl and pink Himalayan salt—are key to bolstering energy levels and supporting electrolyte balance.* If you're well-nourished, you'll be able to enjoy hobbies or time with friends, playing a game of tennis or golf, or taking that trip of a lifetime.*

Boosts Exercise Recovery*

Electrolytes keep you energized and on top of your game, especially during long-distance exercise or heavy sweating.* Balanced electrolytes also help to protect against occasional cramps and muscle spasms.* What's more, optimal electrolyte levels can support healthy hydration levels, especially in hot weather.*

Helps Maintain Cardio Health*

Electrolytes help to maintain blood pressure levels in the normal range.* They support cardiovascular function and normal muscle function, including of the heart.* They're also involved in proper function of the heart muscles.*

Other Benefits of Electrolytes*

Electrolytes are involved in nerve function and help transmit nerve impulses throughout the body.* Electrolytes can also soothe the adrenals and help replace key minerals lost through gastrointestinal upset or occasional bodily fluid loss.*

Electrolyte Drink Mix is recommended for:

- Maintaining blood electrolytes in the normal ranges*
- Bolstering athletic performance*
- Keeping well-hydrated*
- Supporting normal blood pressure levels*
- Healthy recovery after exercise*
- Musculoskeletal and neurological health*
- Boosting energy*
- Supporting heart function*
- Helps replenish electrolytes lost through occasional fluid loss.*

Supplement Facts Serving Size: 7.1 g (Approximately 1 Scoop) Amount Per Serving

Calories	20
Total Carbohydrates	4 g
Total Fat	<1 g
Calcium	50 mg
Iron	1.8 mg
Vitamin C (as Ascorbic Acid)	100 mg
Thiamine (as Thiamine HCl)	1 mg
Vitamin B6 (as Pyridoxine HCl)	2 mg
Vitamin B12 (as Methylcobalamin)	2.4 mcg
Magnesium (as Mg Citrate)	60 mg
Zinc (as Zn Oxide)	10 mg
Chloride (as NaCl & Pink Himalayan Salt)	923 mg
Sodium (as NaCl & Pink Himalayan Salt)	600 mg
Potassium (as K Citrate)	250 mg

Other ingredients: luo han guo (*Siraitia grosvenorii*) monk fruit extract, allulose, citric acid, bamboo (*Bambusa vulgaris*) stem/shoot extract, natural flavors.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, mix 7.1g (approximately 1 scoop) into 12-16 oz of cold water or use as directed by your healthcare practitioner.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.