

ELECTROLYTE HYDRATION LOW CARB

LEMON 160g - Makes 20 1000ml serves

DIRECTIONS:

Mix 1 scoop (included) of powder for every 500ml of water & mix well. Consume within 12 hours of mixing.

RECOMMENDED USE:

500ml - 750ml per hour during extended exercise.

*Not suitable for children under 14 years of age. *Electrolytes in the made up drink are necessary for normal electrolyte balance as part of a balanced diet eating a variety of healthy foods.*



PREMIUM INGREDIENTS



GLUTEN FREE



VEGAN FRIENDLY



NO ADDED COLOUR



DAIRY FREE



PRESERVATIVE FREE

Made in New Zealand from imported ingredients. See base for product BEST BEFORE date. Reseal tub after use. Store in a cool, dry place. If conditions are humid we advise storing in an airtight container or refrigerating to avoid clumping.



NEW ZEALAND.COM
Licence No.100155

Made in New Zealand

NUTRITION INFORMATION

Servings per package:20 Serving size:1000ml
8g (2 heaped scoops) powder prepared prepared

	Avg Quantity Per Serving	Avg Quantity Per 100ml
Energy	74 kJ (18 Cal)	7 kJ (2 Cal)
Protein, total	0.0 g	0.0 g
- gluten	0 mg	0 mg
Fat, total	0.0 g	0.0 g
- saturated	0.0 g	0.0 g
Carbohydrate	4.2 g	0.4 g
- sugars	3.3 g	0.3 g
Dietary fibre	0.1 g	0.0 g
Sodium	384 mg (16.7 mmol)	38 mg (1.7 mmol)
Potassium	121 mg (3.1 mmol)	12 mg (0.3 mmol)
*Magnesium	*63 mg (2.6 mmol)	6.3 mg (0.3 mmol)

*16% Recommended Dietary Intake for Males 19-30yr

INGREDIENTS: Dried Coconut Water Powder (53%), Mineral Salts (Sodium Citrate, Magnesium Lactate, Sodium Chloride, Calcium Citrate), Acidity Regulator (Citric Acid), Lemon Juice Powder (6%)* (Lemon Juice, Tapioca Dextrin), Natural Flavour, Natural Stevia Sweetener (Steviol Glycosides), Antioxidant (Ascorbic Acid) (*equivalent to 40% as fresh lemon juice)

ELECTROLYTE HYDRATION LOW CARB

RASPBERRY 160g - Makes 20 1000ml serves

DIRECTIONS:

Mix 1 scoop (included) of powder for every 500ml of water & mix well. Consume within 12 hours of mixing.

RECOMMENDED USE:

500ml - 750ml per hour during extended exercise.

*Not suitable for children under 14 years of age. *Electrolytes in the made up drink are necessary for normal electrolyte balance as part of a balanced diet eating a variety of healthy foods.*



PREMIUM INGREDIENTS



GLUTEN FREE



VEGAN FRIENDLY



NO ADDED COLOUR



DAIRY FREE



PRESERVATIVE FREE

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NUTRITION INFORMATION

Servings per package:20 Serving size:1000ml
8g (2 heaped scoops) powder prepared prepared

	Avg Quantity Per Serving	Avg Quantity Per 100ml
Energy	85 kJ (20 Cal)	9 kJ (2 Cal)
Protein, total	0.0 g	0.0 g
- gluten	0 mg	0 mg
Fat, total	0.0 g	0.0 g
- saturated	0.0 g	0.0 g
Carbohydrate	4.3 g	0.4 g
- sugars	3.4 g	0.3 g
Dietary fibre	0.0 g	0.0 g
Sodium	384 mg (16.7 mmol)	38 mg (1.7 mmol)
Potassium	120 mg (3.0 mmol)	12 mg (0.3 mmol)
*Magnesium	*63 mg (2.6 mmol)	6.3 mg (0.3 mmol)

*16% Recommended Dietary Intake for Males 19-30yr

INGREDIENTS: Dried Coconut Water Powder (53%), Mineral Salts (Sodium Citrate, Magnesium Lactate, Sodium Chloride, Calcium Citrate), Acidity Regulator (Citric Acid), Raspberry Juice Powder (6%) (Raspberry Juice (90%)*, Tapioca Dextrin), Natural Flavour, Natural Stevia Sweetener (Steviol Glycosides), Antioxidant (Ascorbic Acid) (*equivalent to 32% as fresh raspberry juice).