

ELECTROLYTE HYDRATION

LEMON 42g - Makes 750ml

DIRECTIONS:

Mix contents of sachet with 750ml of water. Shake well.
Consume within 12 hours of mixing.

RECOMMENDED USE:

500ml - 750ml per hour during extended exercise.



PREMIUM INGREDIENTS



GLUTEN FREE



VEGAN FRIENDLY



NO ADDED COLOUR



DAIRY FREE



PRESERVATIVE FREE



NEW ZEALAND.COM
Licence No.100155

Made in New Zealand

Made in New Zealand from imported & local ingredients. See reverse for product BEST BEFORE date.

NUTRITION INFORMATION

Servings per package:1
42g + 750ml water

Serving size:42g

	Avg Quantity Per Serving	Avg Quantity Per 100ml
Energy	630 kJ (152 Cal)	84 kJ (20 Cal)
Protein, total	0.0 g	0.0 g
- gluten	0.0 mg	0.0 mg
Fat, total	0.0 g	0.0 g
- saturated	0.0 g	0.0 g
Carbohydrate	37.5 g	5.0 g
- sugars	37.5 g	5.0 g
- sucrose	22.5 g	3.0 g
- glucose	15.0 g	2.0 g
Sodium	300 mg (12.8 mmol)	40 mg (1.7 mmol)
Potassium	90 mg (2.3 mmol)	12 mg (0.3 mmol)
Magnesium	75 mg (3.0 mmol)	10 mg (0.4 mmol)
Calcium	60 mg (1.5 mmol)	8 mg (0.2 mmol)

INGREDIENTS: Sucrose, Glucose, Freeze Dried Lemons (4.0%), Mineral Salts (Sodium Citrate, Potassium Citrate, Magnesium Lactate, Calcium Citrate), Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid) * 252 milliOsmol/L.