

## ELECTROLYTE HYDRATION

LEMON 500g - Makes 8.75 litres

### DIRECTIONS:

Mix 1 level scoop (included) of powder for every 250ml of water & mix 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



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Made in New Zealand

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

## NUTRITION INFORMATION

Servings per package:35      Serving size:14g  
(1 scoop) powder = 250ml prepared

	Avg Quantity Per Serving	Avg Quantity Per 100ml
Energy	210 kJ (50 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	12.5 g	5.0 g
- sugars	12.5 g	5.0 g
- sucrose	7.5 g	3.0 g
- glucose	5.0 g	2.0 g
Sodium	100 mg (4.3 mmol)	40 mg (1.7 mmol)
Potassium	30 mg (0.8 mmol)	12 mg (0.3 mmol)
Magnesium	25 mg (1.0 mmol)	10 mg (0.4 mmol)
Calcium	20 mg (0.5 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