



2. SQUEEZE

3. SHAKE 4. HYDRATE

INSTRUCTIONS: Add 1 twist tube to

16.9 fl oz of cold water and enjoy.

Do not consume without mixing

in water.

1. TWIST

SPORTS TWIST TUBES balanced hydration dietary supplement fruit punch flavored REFRESHING

Supplement Facts

Serving Size 1 10mL Twist Tube Servings Per Container 20

, and a	mount Per Serving	% Daily Value*
Calories	25	
Total Carbohydrate	e 7g	2%
Sugars	5g	
Niacin (as niacinamide		25%
Vitamin B6	0.5mg	25%
(as pyridoxine hydrochloride)		
Selenium	10mcg	15%
(as sodium selenite)		
Sodium	120mg	5%
(as sodium chloride)	_	
Potassium	35mg	1%
(as potassium citrate)		
*Percent Daily Values are based on a 2,000 Calorie diet		

OTHER INGREDIENTS: PURIFIED WATER, SUGAR CITRIC ACID, MALIC ACID, NATURAL FLAVORS, STEVIA LEAF EXTRACT, ACEROLA CHERRY CONCENTRATE.

PROCESSED ON SHARED EQUIPMENT WITH DAIRY AND SHELLFISH PRODUCTS. Slight variations in color are natural occurences.

Store in a cool, dry place.

WARNING: Children under 12 years of age, pregnant women or nursing mothers, or anyone with a medical condition should consult with a physician before using this product.

the Food and Drug Administration. This product is not intended to diagnose, treat cure, or prevent any disease.

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