



#### HYDRATION

Hydrate and replenish electrolytes during workouts, after training, or on the go!<sup>†</sup>

Maintain healthy energy levels without the crash - no cane sugar or caffeine!<sup>†</sup>



#### ENERGY



#### PERFORMANCE

Feed your muscles for peak performance, strength, and recovery.<sup>†</sup>

Support your body's metabolic processes with nutrients for food-to-fuel conversion.<sup>†</sup>



#### METABOLISM

<sup>†</sup> 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.



**SUGGESTED USE:** Add the contents of one stick pack to 8 ounces of purified water. Stir or shake until dissolved.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if stick pack is damaged.

**STORAGE:** Keep unopened stick packs in a cool, dry place until use.

**DOES NOT CONTAIN:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, gluten, GMO, artificial flavors, or artificial colors.

**Optimal Electrolyte Meets or Exceeds cGMP Quality Standards.**



§ Albion®, Creatine MagnaPower®, and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc. Malate covered by U.S. Patent 6,706,904; chelate covered by U.S. Patent 6,114,379.

PHYSICIAN FORMULATED



Seeking Health®

## Optimal Electrolyte

Plain

Dietary Supplement

30 STICK PACKS  
NET WT. 239g (8.43 OZ.)

## Supplement Facts

Serving Size: 1 Stick Pack (About 7.97 g)  
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	15	
Total Carbohydrate	4 g	1% <sup>†</sup>
Total Sugars	2 g	
Niacin (as inositol hexanicotinate)	75 mg	469%
Magnesium (as DiMagnesium Malate and magnesium creatine chelate <sup>§</sup> )	150 mg	36%
Sodium (as sodium bicarbonate)	140 mg	6%
Potassium (as potassium bicarbonate)	510 mg	11%
D-Ribose	2 g	*
Taurine	250 mg	*
Creatine (as magnesium creatine chelate <sup>§</sup> )	225 mg	*

<sup>†</sup> Percent Daily values are based on a 2,000 calorie diet.

\* % DV (Daily Value) Not Established.

**Other Ingredients:** Citric acid, malic acid.

Find Other Effective Health Products At

[www.seekinghealth.com](http://www.seekinghealth.com)

**Manufactured for and Distributed by:**

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