

TRUE ATHLETE®

BALANCED HYDRATION POWDER

fruit punch



electrolytes

**NO artificial colors,
flavors or sweeteners**

dietary supplement

sugar free



NET WT 12.7 oz. (360 g)

Supplement Facts

Serving Size: 1 Scoop (4 g)
Servings Per Container 90

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%†
Vitamin C (as ascorbic acid)	100 mg	110%
Calcium (as calcium lactate)	60 mg	6%
Magnesium (as magnesium citrate)	70 mg	15%
Zinc (as zinc gluconate)	3 mg	25%
Selenium (as selenium glycinate)	1 mcg	2%
Manganese (as manganese gluconate)	0.5 mg	20%
Chromium (as chromium nicotinate glycinate)	5 mcg	15%
Chloride (as sodium chloride)	135 mg	6%
Sodium (as sodium chloride)	90 mg	4%
Potassium (as potassium aspartate)	250 mg	6%

†Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Citric acid, malic acid, natural flavor, stevia leaf extract, silica, red beet juice (for color).

Does not contain: Gluten, Sugar, Artificial Colors, Flavors or Sweeteners.

DIRECTIONS: Mix one (1) scoop (4 g) in 16 oz. of water.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

▲ 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.

▲ Adequate hydration means more than just drinking water or consuming electrolytes, it requires a balance of both. When dehydration occurs, you will suffer a decline in performance. Staying hydrated during the day ensures you perform at your best. So whether you're an athlete or you simply want to stay hydrated throughout the day without the excess sugar and sodium, Balanced Hydration is for you.

▲ Athletes can support muscle function and reduce cramping with a balance of calcium, magnesium, and potassium.

▲ Balanced Hydration supplies electrolytes like potassium aspartate and calcium lactate with high rates of absorption.

NSF Certified for Sport® products have been rigorously tested for more than 270 banned substances and potentially harmful contaminants.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

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