



Sports Performance[†]

SUGGESTED USE: Mix 1 scoop with at least 9 ounces of water. Consume before, during, and after your workout or as recommended by your health-care practitioner.

TAMPER EVIDENT: Use only if bottle is sealed. Store tightly sealed in a cool, dry place. If pregnant, consult your health-care practitioner before using this product.



GLUTEN FREE

[†]This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatre-folio®). Quatre-folio is a registered trademark of Gnosis S.p.A. ^{††}This product uses Abion's TRACSB® Magnesium Lysinate Glycinate Chelate, Zinc Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate. TRACSB is a registered trademark of Abion International, Inc.

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

THORNE®

Catalyte®

Lemon Lime Flavored Electrolytes

DIETARY SUPPLEMENT



NET WT
11.01 OZ (312 G)

SUPPLEMENT FACTS

Serving Size: One Scoop (10.4 g)

Servings Per Container: 30

One Scoop (10.4 g) Contains:	%DV	One Scoop (10.4 g) Contains:	%DV
Calories	20	Calcium (Calcium Lactate)	80 mg 6%
Total Carbohydrate	5 g 2%*	Magnesium (as TRACSB® Magnesium Lysinate Glycinate Chelate)(††)	40 mg 10%
Total Sugars	3 g **	Zinc (as TRACSB® Zinc Bisglycinate Chelate)(††)	5 mg 45%
Includes 3 g Added Sugars	6%*	Chromium (as TRACSB® Chromium Nicotinate Glycinate Chelate)(††)	15 mcg 40%
Vitamin C (as Sodium Ascorbate)	100 mg 111%	Chloride (as Sodium Chloride)	80 mg 3%
Thiamin (as Thiamin HCl)	1 mg 83%	Sodium (as Sodium Chloride, Disodium Phosphate and Sodium Bicarbonate)	485 mg 21%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	2 mg 154%	Potassium (as Tripotassium Citrate)	90 mg 2%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	2 mg 118%	Taurine	500 mg **
Folate (20 mcg as L-5-Methyltetrahydrofolate) from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	33.3 mcg DFE 8%		
Vitamin B12 (as Methylcobalamin)	6 mcg 250%		
Pantothenic Acid (as Calcium Pantothenate)	4 mg 80%		

Other Ingredients: Tapioca Maltodextrin, Citric Acid, Flavors, Silicon Dioxide, Stevia extract (leaf) (Rebaudioside A:95%).

manufactured by:
THORNE RESEARCH, INC. 1-800-338-1966



SF101
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KION®