

One Stick Pack



HYDRATE NATURAL

Functional Hydration for Optimal Health

COCONUT WATER & ELECTROLYTES
STAMINA[†] | ENDURANCE[†] | RECOVERY[†]



NET WEIGHT 2.33 OZ (66 g) | 12 STICK PACKS



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DIRECTIONS: Mix 1 stick pack with 16 oz of hot or cold water and drink.

Optimal hydration and good health go hand-in-hand, but when it's time to replenish fluids, it is best to choose a healthy drink of choice for "active nutrition". Rapid Fire™ Hydrate provides coconut water and natural electrolytes in combination with a functional ingredient. These "clean" ingredients make Rapid Fire™ Hydrate a healthy alternative for a traditional sports drink.[†]

- Keep out of reach of children.
- Store in a cool, dry place.
- Protect from heat, light and moisture.
- Do not purchase if seal is broken.

[†]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.

Supplement Facts

Serving Size: 1 Stick pack (5.5g)
Servings per container: 12

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrates	3 g	1%
Total Sugars	2 g	
Includes 0g added sugars	0g	0%
Vitamin C (as calcium ascorbate)	100 mg	111%
Calcium (as calcium citrate & calcium ascorbate)	65 mg	5%
Magnesium (as magnesium citrate)	100 mg	24%
Chloride (as sodium chloride)	78.8 mg	3%
Sodium (as Himalayan pink salt & sodium chloride)	115 mg	5%
Potassium (as potassium citrate, aspartate and potassium phosphate)	285 mg	6%
Coconut Water Concentrate	2500 mg	

Other Ingredients: Citric acid, guar gum, silica, natural flavor, and organic stevia (rebaudioside A).

Contains tree nut (coconut).

Produced in
USA from globally
sourced ingredients.

Distributed by:
Windmill Health Products®
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West Caldwell, NJ 07006



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