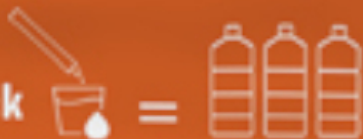


One Stick Pack



# HYDRATE TURMERIC

Functional Hydration for Optimal Health

COCONUT WATER & TURMERIC  
JOINT<sup>†</sup> | ANTIOXIDANT<sup>†</sup> | INFLAMMATION<sup>†</sup>



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



# HYDRATE TURMERIC

**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.<sup>†</sup>

- 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.

<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.

## 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                                                 | 100 mg             | 111% |
| (as calcium ascorbate)                                    |                    |      |
| Calcium                                                   | 65 mg              | 5%   |
| (as calcium citrate & calcium ascorbate)                  |                    |      |
| Magnesium                                                 | 100 mg             | 24%  |
| (as magnesium citrate)                                    |                    |      |
| Chloride                                                  | 78.8 mg            | 3%   |
| (as sodium chloride)                                      |                    |      |
| Sodium                                                    | 115 mg             | 5%   |
| (as Himalayan pink salt & sodium chloride)                |                    |      |
| Potassium                                                 | 285 mg             | 6%   |
| (as potassium citrate, aspartate and potassium phosphate) |                    |      |
| Coconut Water Concentrate                                 | 2500 mg            |      |
| Turmeric Powder                                           | 400 mg             |      |

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

Contains treenut (coconut).

Produced in  
USA from globally  
sourced ingredients.

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



ITEM# 10974