

DIRECTIONS & RECOMMENDED USE:

Take one capsule with 350 mL water for every 30-60 minutes of exercise. As a dietary supplement, take up to ten capsules daily or as directed by your healthcare practitioner.

WARNING:

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18 and individuals with known medical conditions should consult a physician before using this dietary supplement. Discontinue use and consult your physician if any adverse reactions occur.

Keep out of reach from children. Do not use if safety seal is damaged or missing. Store in a cool, dry place.

* 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.

Manufactured for VitaMonk
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vita**monk**

FORTILYTE™

- Complete Electrolyte Formula*
- Made with Himalayan Pink Salt, Containing 84 Minerals*

Dietary Supplement

100 Capsules

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 100

	Amount Per Serving	% Daily Value
Vitamin D3 (from Cholecalciferol)	200 IU	50%
Calcium (from Calcium citrate)	25 mg	2%
Magnesium (from Magnesium citrate)	10 mg	2%
Chloride (from Potassium Chloride, Himalayan Pink Salt)	398 mg	12%
Sodium (from Himalayan Pink Salt)	220 mg	9%
Potassium (from Potassium chloride)	65 mg	2%

Percent Daily Value based on a 2,000-calorie diet

Other Ingredients: Vegetable Cellulose (capsule), Organic Rice Concentrate

To get 15% off your next purchase, visit
www.vitam Monk.com/Thanks

