



Sports Performance[†]

SUGGESTED USE: Mix 1 scoop with at least 12 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 (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A. ^{††}This product uses Albion's TRAACS® Magnesium Lysinate Glycinate Chelate, Zinc Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate. TRAACS is a registered trademark of Albion 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®

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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 (as Calcium Lactate)	80 mg	6%
Total Carbohydrate	5 g	2%*	Magnesium (as TRAACS® Magnesium Lysinate Glycinate Chelate) ^{††}	40 mg	10%
Total Sugars	< 1 g	**	Zinc (as TRAACS® Zinc Bisglycinate Chelate) ^{††}	5 mg	45%
Includes < 1 g Added Sugars		1%*	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate) ^{††}	15 mcg	43%
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)	96 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%	*Percent Daily Values are based on a 2,000 calorie diet.		
Vitamin B12 (as Methylcobalamin)	6 mcg	250%	**Daily Value (DV) not established.		
Pantothenic Acid (as Calcium Pantothenate)	4 mg	80%			

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



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