

GREATNESS BY NATURE™

FORMULATED TO HELP SUPPORT

HYDRATION AND RECOVERY*

SUGGESTED USE: Take one (1) capsule with water to replenish electrolytes. Take one (1) additional capsule if needed during an extended training session. Use as part of a healthy diet and exercise program. Use only as directed.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18 and individuals with a known medical condition should consult a physician before using this or any dietary supplement. Maintain sufficient fluid intake while taking this product.

NO CARBS
NO CAFFEINE • NO SUGAR



Keep out of reach of 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.

ZHOU®



LYTE UP™

ADVANCED ELECTROLYTE COMPLEX

DIETARY SUPPLEMENT

100 VEGGIE CAPSULES

SUPPLEMENT FACTS

Serving Size: 1 Vegetable Capsule • Servings Per Container: 100

	Amount Per Serving	% DV
Vitamin D (as Cholecalciferol)	400 IU	100%
Calcium (as Carbonate)	25 mg	3%
Phosphorus (as Sodium Phosphate)	37 mg	4%
Magnesium (as Oxide)	50 mg	13%
Chloride (as Sodium Chloride and Potassium Chloride)	271 mg	8%
Sodium (as Sodium Chloride and Sodium Phosphate)	202 mg	8%
Potassium (as Potassium Chloride)	99 mg	3%
Boron (as Aminoate)	500 mcg	**
BioPerine® Black Pepper Extract (Piper nigrum fruit)	5 mg	**

** Daily Value (DV) not established.

OTHER INGREDIENTS: Rice Flour, Vegetable Cellulose Capsule, and Vegetable Magnesium Stearate.



CAREFULLY CRAFTED FOR

ZHOU NUTRITION®

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BioPerine® is a registered trademark of the Sabinsa Corporation

ZERO GLUTEN, SOY, MILK, EGGS, FISH, SHELLFISH, TREE NUTS, PEANUTS, & WHEAT.

#howizzhou