



NO ARTIFICIAL
FLAVORS/COLORS



NO ARTIFICIAL SWEETENERS



NO PRESERVATIVES



CAFFEINE FREE



VEGAN

BENEFITS

BIOSTEEL HYDRATION
MIX SUPPORTS:

- » THE MAINTENANCE OF GOOD HEALTH*
- » ENERGY PRODUCTION*
- » THE IMMUNE SYSTEM*
- » MUSCLE RECOVERY*

*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 Packet (0.24 oz) (7 g)
Servings Per Container About 16

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Sodium	140 mg	6%
Calcium	18 mg	2%
Magnesium	5 mg	1%
Potassium (as Potassium Citrate Monohydrate)	33 mg	1%
Zinc (as Zinc HVP Chelate)	0.16 mg	1%
Biotin	0.3 mcg	1%
Vitamin B12 (as Cyanocobalamin)	0.3 mcg	13%
Folate	12 mcg DFE (7 mcg Folic Acid)	3%
Niacin (as Nicotinic Acid)	0.3 mg	2%
Pantothenic Acid (as Calcium D-Pantothenate)	0.27 mg	5%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.3 mg	18%
Riboflavin	0.3 mg	23%
Thiamine (as Thiamine Hydrochloride)	0.3 mg	25%
L-Leucine	1202 mg	**
L-Isoleucine	544 mg	**
L-Valine	544 mg	**
Glycine	460 mg	**
L-Glutamine	973 mg	**
Taurine	135 mg	**
Calcium Carbonate from <i>Lithothamnion spp.</i> (Aquamin™)	36.8 mg	**
Magnesium Citrate	13.6 mg	**
Choline (as Choline Bitartrate)	300 mcg	**
Inositol	300 mcg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Directions (Adults): Mix 1 packet with 8 – 16 oz of water daily. You may alter your water levels in order to achieve your desired taste.

Other Ingredients: Citric Acid, Natural Flavor, Stevia (Leaf) Extract, Sea Salt (Celtic Sea Salt®), Sodium Citrate, Fruit and Vegetable Juice Powder (Color), Sunflower Lecithin.

Not manufactured with milk, sesame, peanuts, tree nuts, soy, egg, fish/crustacean/shellfish or wheat ingredients. Produced in a Good Manufacturing Practices (GMP) compliant facility that manufactures other products containing these ingredients.

Storage: Store in a cool, dry place.

Caution: As with any dietary supplement, consult your healthcare practitioner before using this or any product if you are pregnant, nursing, trying to conceive, taking medication or have a medical condition. **Keep out of reach of children.** Do not use if safety seal is broken or missing.

Manufactured in the USA from domestic and imported ingredients. Distributed by:

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MANUFACTURED IN THE USA

