

30
PACKETS



LADDER

HYDRATION

MIXED BERRY
FLAVORED

ELECTROLYTES + CARBOHYDRATES
help refuel and rehydrate*



No artificial flavors or sweeteners, no synthetic colors

ELECTROLYTE SUPPLEMENT

30 – 0.76 OZ (21.5 G) PACKETS NET WT 1 LB 6.75 OZ (645 G)



MINIMUM 45% RECYCLED CONTENT
POST-CONSUMER

LADDER

Ladder is more than just premium ingredients. Ladder works as hard as you do, so you don't just reach your goals—you blow past them. Because we're founded by NBA star **LeBron James** and **Arnold Schwarzenegger**, for the athlete in all of us.

OUR HYDRATION HELPS:



Boost
endurance*



Reduce
cramping*



Fight
fatigue*

DIRECTIONS: Mix 1 packet into 16 oz of water.

Learn more at [laddersport](https://laddersport.com)

[f](#) [@](#) [@laddersport](#)

SUPPLEMENT FACTS

Serving size: 1 packet (21.5 g)
Servings per container: 30

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	18 g	7% †
Total Sugars	16 g	**
Includes 16g Added Sugars		32% †
Calcium (as calcium citrate)	310 mg	24%
Magnesium (as magnesium citrate)	150 mg	36%
Sodium (as pink Himalayan salt)	370 mg	16%
Potassium (as potassium citrate)	185 mg	4%
Dextrose	15 g	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

OTHER INGREDIENTS: Natural flavors, Citric acid, Silica, Xanthan gum, Stevia leaf extract, Beet juice (color), Purple grape juice (color).

DISTRIBUTED BY: Openfit LLC, 400 Continental Blvd., Suite 400, El Segundo, CA 90245

STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

This product is manufactured in a plant that also processes milk, egg, soy, fish, crustacean shellfish, tree nut, peanut, sesame, and wheat ingredients.

*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.

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