



CORE NUTRITIONALS®

HYDRATE™

BLUE ICE

COMPREHENSIVE ELECTROLYTE AND HYDRATION BLEND

REPLENISH ELECTROLYTES*
BOOST HYDRATION*
ENHANCE MUSCLE POWER*
IMPROVE MUSCLE RECOVERY*



WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Discontinue use 2 weeks prior to surgery. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

*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.

DIRECTIONS: Mix one stick pack in 16 ounces of water.



Crush It!®

Net Wt: 5.71oz (162g) Per Box – 0.29oz (8.1g) Per Packet
20 Packets Per Box

NATURALLY FLAVORED DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Stick (8.1g)
Servings Per Container: 20

	Amount Per Serving	% DV
Vitamin C (as ascorbic acid)	250 mg	278%
Calcium (as calcium carbonate, calcium citrate, dicalcium malate (DimaCal®))	100 mg	8%
Magnesium (as magnesium carbonate, magnesium citrate, magnesium bisglycinate chelate (TRAACS®), magnesium chloride, magnesium glycinate glutamine chelate (TRAACS®))	139 mg	33%
Zinc (as zinc bisglycinate chelate (TRAACS®))	3 mg	27%
Chloride (as sodium chloride, potassium chloride, magnesium chloride)	557 mg	24%
Sodium (as sodium chloride, sodium citrate, sodium bicarbonate)	350 mg	15%
Potassium (as potassium citrate, coconut water concentrate, potassium chloride, potassium glycinate chelate (TRAACS®))	530 mg	11%
L-Taurine	1000 mg	**
Coconut Water Concentrate (Cocos nucifera)	500 mg	**
ElevATP® (Ancient Peat and Apple Extract) (fruit)	150 mg	**
ConcenTrace® AC (Trace Mineral Complex)	100 mg	**
Senactiv® (Panax notoginseng (root) and Rosa roxburghii (fruit) Extracts)	50 mg	**

* Percent Daily Values are based on a 2,800 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural Flavors, Silicon Dioxide, Spirulina Extract (for color), Sucralose.

ALLERGENS: Tree Nut (Coconut). Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.

elevATP
ancient.peat.apple.extract

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TRAACS

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SENACTIV

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