

## THE OBJECTIVE:

THE BODY IS MADE UP OF APPROXIMATELY 70% WATER AND NO REACTION HAPPENS IN THE BODY WITHOUT IT. MAKING SURE YOU STAY PROPERLY HYDRATED IS CRUCIAL TO PERFORMANCE AND A WELL-FUNCTIONING BODY.

TO STAY PROPERLY HYDRATED, MAKE SURE YOU ALWAYS HAVE YOUR CANTEEN. CANTEEN IS A PERFORMANCE HYDRATION POWDER, DESIGNED TO PROVIDE YOUR BODY WITH THE NECESSARY VITAMINS AND ELECTROLYTES NEEDED TO KEEP THE BODY HYDRATED AND FUNCTIONING AT ITS HIGHEST STATE OF READINESS.†

## CANTEEN® SUGGESTED USE:

FOR BEST RESULTS, MIX (1) SCOOP OF CANTEEN WITH 8-12 OUNCES OF WATER OR YOUR FAVORITE BEVERAGE AND CONSUME DURING YOUR WORKOUT OR ATHLETIC EVENT. CANTEEN CAN BE TAKEN ON TRAINING AND NON-TRAINING DAYS.

†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.



REDCON1

HYDRATION†

REDCON1

30 SERVINGS

# CANTEEN

REFRESH & RESTART†

HYDRATION + ELECTROLYTES†

DIETARY SUPPLEMENT  
Net Wt. 14.60 oz (414g)

ICY LEMONADE  
NATURALLY AND ARTIFICIALLY FLAVORED

ELECTROLYTES ★ REFUEL ★ RECOVER†

## Supplement Facts

Serving Size: 1 Scoop (13.8g)  
Servings Per Container: 30

|                                              | Amount Per Serv.                  | %DV  |
|----------------------------------------------|-----------------------------------|------|
| Calories                                     | 20                                |      |
| Total Carbohydrate                           | 5g                                | 2%*  |
| Total Sugars                                 | 5g                                | **   |
| Includes 5g Added Sugars                     |                                   | 10%* |
| Vitamin C (as Ascorbic Acid)                 | 40mg                              | 44%  |
| Niacin (as Niacinamide)                      | 16mg                              | 100% |
| Vitamin B6 (as Pyridoxine HCl)               | 1mg                               | 59%  |
| Folate                                       | 680mcg DFE<br>(400mcg folic acid) | 170% |
| Vitamin B12 (as Cyanocobalamin)              | 3mcg                              | 125% |
| Biotin                                       | 30mcg                             | 100% |
| Pantothenic acid (as D-Calcium Pantothenate) | 5mg                               | 100% |
| Magnesium (as Magnesium Citrate)             | 30mg                              | 7%   |
| Zinc (as Zinc Citrate)                       | 3mg                               | 27%  |
| Sodium                                       | 170mg                             | 7%   |
| Potassium (as Potassium Citrate)             | 400mg                             | 9%   |
| Dextrose                                     | 5000mg                            | **   |
| Taurine                                      | 1000mg                            | **   |
| Coconut Fruit Water Powder                   | 1000mg                            | **   |
| Hyaluronic Acid (as Sodium Hyaluronate)      | 100mg                             | **   |

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

Other Ingredients: Citric Acid, Natural and Artificial Flavors, Sucralose, Silica, Salt, Acesulfame-K.

Contains: Tree Nuts (Coconut)

DISTRIBUTED BY REDCON1, LLC 701 Park of Commerce Blvd., Suite 101, Boca Raton, FL 33487  
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WARNING: This product is intended to be consumed by healthy adults 18 years of age or older. Do not use if you are pregnant, nursing, taking any prescription or over-the-counter medications or supplements, or if you have or suspect you may have a medical condition. As with any dietary supplement, consult a healthcare professional before using this product. Discontinue 2 weeks prior to surgery. Immediately discontinue use and consult a healthcare professional if you experience any adverse reactions. KEEP OUT OF REACH OF CHILDREN.

STORE AT 59-86°F (15-30°C). PROTECT FROM LIGHT AND MOISTURE. PRODUCT DOES NOT COMPLETELY FILL CONTAINER. SETTLING OCCURS IN SHIPPING.



V.I.I

WWW.REDCON1.COM

