



Sports Performance†

SUGGESTED USE: Mix 1 scoop with at least 12 ounces of water. Consume before, during, and after your workout or as recommended by your health-care practitioner.

TAMPER EVIDENT: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

If pregnant, consult your health-care practitioner before using this product.



†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A. ††This product uses Albion's TRAACS® Magnesium Lysinate Glycinate Chelate, Zinc Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate. TRAACS is a registered trademark of Albion International, Inc.

‡This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



THORNE®

Catalyte®
Lemon Lime Flavored Electrolytes

DIETARY SUPPLEMENT

NET WT
11.01 OZ (312 G)

SUPPLEMENT FACTS

Serving Size: One Scoop (10.4 g)
Servings Per Container: 30

One Scoop (10.4 g) Contains:		%DV	One Scoop (10.4 g) Contains:		%DV
Calories	30		Calcium (as Calcium Lactate)	80 mg	6%
Total Carbohydrate	5 g	2%*	Magnesium (as TRAACS® Magnesium Lysinate Glycinate Chelate)††	40 mg	10%
Total Sugars	< 1 g	**	Zinc (as TRAACS® Zinc Bisglycinate Chelate)††	5 mg	45%
Includes < 1 g Added Sugars		1%*	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	15 mcg	43%
Vitamin C (as Sodium Ascorbate)	100 mg	111%	Chloride (as Sodium Chloride)	80 mg	3%
Thiamin (as Thiamin HCl)	1 mg	83%	Sodium (as Sodium Chloride, Disodium Phosphate and Sodium Bicarbonate)	485 mg	21%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	2 mg	154%	Potassium (as Tripotassium Citrate)	96 mg	2%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	2 mg	118%	Taurine	500 mg	**
Folate (20 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	33.3 mcg DFE	8%			
Vitamin B12 (as Methylcobalamin)	6 mcg	250%			
Pantothenic Acid (as Calcium Pantothenate)	4 mg	80%			

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

Other Ingredients: Tapioca Maltodextrin, Citric Acid, Flavors, Silicon Dioxide, Stevia extract (leaf).

WARNING FOR CALIFORNIA RESIDENTS ONLY: Consuming this product can expose you to chemicals, including lead, which are known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

manufactured by:
THORNE RESEARCH, INC., 1-800-228-1966



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