



# EFFERVESCENT EFFER- HYDRATE

RECOVERY\*



LEMON LIME  
FLAVOR

10 TABLETS  
NET WT. 1.8 OZ. [51 G]



**Supplement Facts:** Serv. Size: 1 tablet, Servings: 10, **Amount Per Serving:** Calories 10, Total Carb. 1 g (<1% DV\*\*), Total Sugars <1 g (Incl. <1 g Added Sugars, 1% DV\*\*), Calcium (from Calcium Carbonate) 13 mg (1% DV), Magnesium (from Magnesium Carbonate) 25 mg (6% DV), Sodium (from Sodium Bicarbonate) 360 mg (16% DV), Potassium (from Potassium Bicarbonate) 100 mg (2% DV). \*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other ingredients: Citric Acid, Cane Sugar, Natural Flavor, Taurine, Stevia Leaf Extract (Rebaudioside A), Beta-Carotene (for color) and Maltodextrin.

Manufactured for NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA [nowsportsproducts.com](http://nowsportsproducts.com)

Product of China.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients.  
Produced in a GMP facility that processes other ingredients containing these allergens.



**SUGGESTED USAGE:** Dissolve 1 tablet daily into 16 oz. of water.  
**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.  
After tablets fully dissolve, naturally occurring granules may be visible, but it does not affect product quality.

\*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.

Code 2241B v3



Store in a cool, dry, dark place after opening.