

DIRECTIONS: Mix 1 stick pack in 12-16 fl. oz. of water. Stir or shake well to dissolve.

Supplement Facts

Serving Size: 1 Packet (5.7g)

Servings Per Container: 10

	Amount Per Serving	% Daily Value*
Calories	0	
Total Carbohydrate	<1 g	0%
Vitamin C (as ascorbic acid)	220 mg	244%
Vitamin B12 (as methylcobalamin)	120 mcg	5,000%
Phosphorous	160 mg	13%
Zinc	11 mg	100%
Chloride	235 mg	10%
Sodium	310 mg	13%
Potassium	410 mg	9%
Immunity Blend	300 mg	**
[Echinacea purpurea (<i>Echinacea purpurea</i>) (aerial) extract, Vitamin C]		
Energy Blend	210 mg	**
[(providing 151mg of caffeine) Caffeine (from green tea) (<i>Camellia sinensis</i>) (leaf), guarana (<i>Paullinia cupana</i>) (seed) extract, green coffee (<i>coffee robusta</i>) (seed) extract]		
Electrolyte Blend	2035 mg	**
[Potassium citrate, disodium phosphate, sodium chloride, dipotassium phosphate, zinc amino acid chelate]		

* Percent daily values are based on a 2,000 calorie diet.

** Daily value not established.

Other Ingredients: Citric acid, natural flavors, steviol glycosides, silica, natural color (spirulina).

Distributed by: Windmill Health Products® 10 Henderson Drive, West Caldwell, NJ 07006

†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.

- Keep out of reach of children.
- Protect from heat, light and moisture.
- Store in a cool, dry place.
- Do not use if seal is broken.

TEAR, POUR,
DRINK!



More Hydration than
Water Alone!†

KREBS Cycle Support†
Athletic Performance†
Mental Function†

GLUTEN
FREE

KETO
PALEO

VEGAN

Non-GMO

ITEM# N13432



vitamin
hydrate™

ELECTROLYTE
Powdered Drink Mix

Super Hydration
electrolytes, vitamins & minerals

Cellular Energy† • Endurance†
Fight Fatigue† • Boost Stamina†

with Green Tea & B12

BLUE RASPBERRY

ZERO SUGAR



10
On-The-Go
Stick Packs

DIETARY SUPPLEMENT
NET WT. 2 OZ (57G)

NATURALLY FLAVORED