

Suggested Directions

Mix 4 scoops with 32 oz (946mL) of water and shake vigorously. Perfect for recovery during and after strenuous activity.

Solar Synergy® sports recovery drink combines the best in bio-organic minerals with the world's most powerful botanical superfoods such as Açai, Goji, Sea Buckthorn, and Elderberries.

Solar Synergy® is the first hydration pack to offer Pacific-Northwest-grown Aronia berries that have been dried in-house by Mt. Capra using the patented, low-temp **Refractance Window®** drying technology.

Solar Synergy® also contains the patented and highly researched extracts **Sensoril®** (Ashwagandha), **Capros®** (Indian Gooseberry), and **VitaGrape™** (Grape Seed Extract).

521
milligrams **Sensoril®**
vitalizing mind & body

411
milligrams **capros®**
Heart Healthy Superfruit

219
milligrams **VitaGrape™**

No chemicals or preservatives added

20+ MINERALS • 9 SUPERFOODS



NON-GMO



MT. CAPRA

— SINCE 1928 —

**SOLAR
SYNERGY®**

**SPORTS RECOVERY
& HYDRATION**

420
grams
(14.8 oz)
BERRY

• POWERFUL ANTIOXIDANT • 3:1 POTASSIUM TO SODIUM RATIO

Fact Sheet

Serving Size 28 grams (4 scoops)
Servings Per Container 15

Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars (not added) 8g	
Protein 4g	8%

Potassium 740mg • Vitamin C 204%

Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Goat Milk Mineral Whey, Natural Berry Flavor, Goji Berries, Lohan fruit, Sea Buckthorn, Açai Berries, Elderberries, Sensoril® (Ashwagandha), Capros® (Indian Gooseberry), VitaGrape™ (Organic Grape Seed Powder), Organic Yacon Leaf, Aronia berries, Goat Milk Cream, Stevia

CONTAINS GOAT MILK

Rev. 12/21-12/18



MT. CAPRA
— SINCE 1928 —

Manufactured in the USA by:

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