



Directions: Adults mix one packet with up to 16 ounces of water daily, adjusting the amount based on personal preference.

Please consult your physician if you are pregnant, breastfeeding, have a medical condition, or taking other medications. Keep out of reach of children.

Supplement Facts		
Serving Size: 1 SACHET (4.03g)		
Servings per Container: 30		
Amount Per Serving		%DV*
Magnesium	40mg	10%
Chloride	410mg	18%
Sodium	100mg	4%
Potassium	150mg	3%
SolarSea® Sport AC (Ionic Mineral Complex)	1,000mg	†
Glycine	1,000mg	†
Coconut Water Powder	500mg	†
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		
† Daily Value (DV) not established.		
Other Ingredients: Citric Acid, Natural Grapefruit Flavor, Bamboo Silica, Steviol Glycosides Reb M.		

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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any diseases.