

SUGGESTED USE: As a dietary supplement, mix 1 scoop in a 16-ounce glass of water.

Dr. Berg Electrolyte Powder provides the perfect balance of electrolytes without added sugar.†

**WARNING:** Consult your physician before using, especially if you have kidney disease, low pulse rate, or hyperkalemia (high blood potassium). One study did show a risk of small bowel lesions related to the use of oral drug products containing high amounts of potassium chloride; however, our product uses potassium citrate.†

**CAUTION:** Do not exceed recommended dose. Individuals who practice heavy exercise or with low sodium levels, we recommend our Sports Hydration Electrolytes with additional sodium. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

†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.

Do not remove desiccant from jar as this maintains freshness. Seal lid firmly after each use.

**DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.**

Developed and distributed by Dr. Eric Berg DC

To reorder: [shop.drberg.com](http://shop.drberg.com) (800) 816-8184

Dr. Berg Nutritionals® 4501 Ford Avenue, Alexandria, VA 22302



Dr. Berg®

THE KNOWLEDGE DOC

# ELECTROLYTE POWDER

## CUCUMBER & LIME FLAVOR

Replenishing electrolytes and trace minerals  
Sweetened with stevia, keto-friendly

Net wt 10.23 oz (290 g)

Dietary Supplement



## Supplement Facts

Serving size: 1 scoop (5.8 g)

Servings per container: 50

Amount per Serving	%DV
Calories 15	
Total Carbohydrate 3 g	1%*
Dietary Fiber 1 g	4%*
Calcium (as calcium lactate) 75 mg	6%
Iron (from trace mineral complex) 0.3 mg	2%
Magnesium (as magnesium citrate) 120 mg	29%
Chloride (from pink Himalayan salt) 60 mg	3%
Sodium (from pink Himalayan salt) 40 mg	2%
Potassium (as potassium citrate) 1000 mg	21%
Trace mineral complex 100 mg	**

\* % Daily Values are based on a 2000 calorie diet.

\*\* Daily Value not established.

Other ingredients: Citric acid, stevia leaf extract, cucumber flavor, lime flavor