

**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 the added sugar and zero maltodextrin.†

**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 USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.**

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

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 LEMONADE

Replenishing and hydrating minerals  
Sweetened with stevia, keto-friendly

Net wt 22 oz (1 lb 6 oz) (622 g)  
Dietary Supplement



## Supplement Facts

Serving size: 1 scoop (6.2 g)

Servings per container: about 100

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	**

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

\*\*Daily Value not established.

**Other ingredients:** Citric acid, lemonade flavor, stevia leaf extract