

28  
STICK  
PACKS



Dr. Berg® THE KNOWLEDGE DOC

# ELECTROLYTE POWDER VARIETY PACK

7 flavors: raspberry & lemon, lemonade,  
orange, strawberry lemonade,  
pomegranate & cherry, tangerine, grape

with stevia sweetener

28 STICK PACKS  
4 X EACH FLAVOR

Dietary Supplement



Dr. Berg® THE KNOWLEDGE DOC

# ELECTROLYTE POWDER INSTANT HYDRATION†

SUGGESTED USE: Mix contents of 1 stick pack in a 16-ounce glass of water.

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

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## Supplement Facts

Serving size: 1 stick pack  
Servings per container: 28

	Amount per Serving	%DV
Calories	15	
Total Carbohydrate	4 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 Value not established.

**Other Ingredients** (Raspberry & Lemon): Flavors, citric acid, stevia leaf extract

**Other Ingredients** (Strawberry Lemonade, Pomegranate & Cherry): Citric acid, flavors, stevia leaf extract

**Other Ingredients** (Orange, Tangerine, Lemonade, Grape): Citric acid, flavor, stevia leaf extract

Developed and distributed by Dr. Eric Berg DC

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

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