



Dr. Berg®

THE KNOWLEDGE DOC®

30 STICK PACKS

K

1000 mg
POTASSIUM

Na

500 mg
SODIUM

Mg

120 mg
MAGNESIUM

SPORTS HYDRATION ELECTROLYTES

Powered by

Pink Himalayan Sea Salt and Potassium

RASPBERRY & LEMON FLAVOR

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

NET CONTENTS 30-0.29 OZ STICK PACKS (8.57 OZ) (243 G)



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SPORTS HYDRATION ELECTROLYTES

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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 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. 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.

Developed and distributed by Dr. Eric Berg DC
To reorder: shop.drberg.com (800) 816-8184
Dr. Berg Nutritionals® 4501 Ford Avenue, Alexandria, VA 22302



Nutrition Facts

30 servings per container

Serving size 1 stick pack (8 g)

Amount per serving
Calories 20

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 500mg 22%

Total Carbohydrate 4 g 1%

Dietary Fiber 2 g 7%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 0 g

Vitamin D 0 mcg 0%

Calcium 37 mg 2%

Iron 0.4 mg 2%

Potassium 1000 mg 20%

Magnesium 120 mg 30%

Chloride 750 mg 35%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Potassium citrate, pink Himalayan salt, raspberry flavor, citric acid, magnesium citrate, calcium lactate, lemonade flavor, trace minerals, stevia leaf extract, calcium silicate