

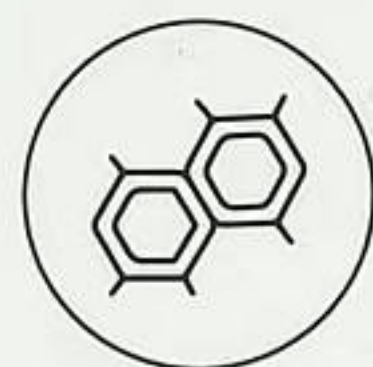
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# GET RAPID HYDRATION<sup>†</sup>

Make drinking more water the easiest part of your day. Uniquely formulated to provide balanced electrolytes for whole body hydration.<sup>†</sup>



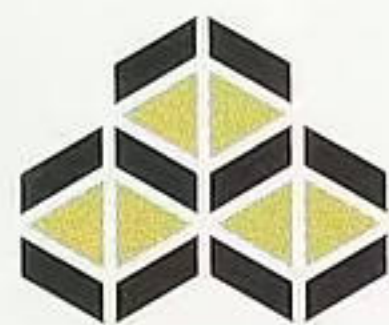
Superfood blend



Supports cellular energy<sup>†</sup>



Replenish electrolytes



ANCIENT NUTRITION

# RAPID HYDRATION<sup>†</sup>

## WHAT'S INSIDE

Coconut water

Mediterranean salt

Red marine algae



Lemon Lime FLAVOR

Delicious mixed with water  
Made without artificial flavors or sweeteners

\*not actual size



WHOLE BODY HYDRATION<sup>†</sup>



REAL FOOD ELECTROLYTES

Ancient Nutrition has one goal - to transform the health of every individual on the planet and **save the world with superfoods**



@ancientnutrition

**Suggested Use:** Adults mix the contents of 1 packet with 16-32 ounces of cold water.

## Supplement Facts

Serving Size 1 Stick (6.0 g)  
Servings Per Container 15

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	4 g	1%*
Total Sugars	1 g	
Vitamin C (from Lipid Metabolite Ascorbate)	90 mg	100%
Calcium <sup>^</sup> (from <i>Lithothamnion spp.</i> )	66 mg	5%
Magnesium (as magnesium hydroxide)	76 mg	18%
Sodium <sup>^</sup>	450 mg	20%
Potassium <sup>^</sup>	280 mg	6%

**Ancient Hydration<sup>†</sup> Superfood Blend** 3.2 g +  
Coconut Water, Mediterranean Salt, Natural Sea Salts, Red Marine Algae.

\* Percent Daily Values are based on a 2,000 calorie diet.  
+ Daily Value not established.

**Other ingredients:** Citric acid, natural cucumber flavor, natural lime flavor, stevia leaf extract, organic lemon powder, turmeric (color), spirulina (color), natural lemon flavor.

**CONTAINS:** Coconut.  
<sup>^</sup>Naturally occurring.

Produced on equipment that also processes peanuts, tree nuts, milk, soybean, wheat, sesame, shellfish, egg, fish.

**WARNING:** If you are pregnant, nursing, allergic, have a medical condition, or taking any medications, consult a doctor before using this or any other dietary supplement. Do not use if product has been opened or tampered with in any way. **Keep out of reach of children.** Color and odor may vary from lot to lot. Store in a cool, dry place.

**NOTICE:** Use this product as a food supplement only. Do not use for weight reduction.

**† 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.**

Manufactured for:  
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We support the R.A.N.C.H. Project to heal the planet, feed the world and transform health.  
[www.RanchProject.com](http://www.RanchProject.com)

WHOLE FOOD DIETARY SUPPLEMENT | NET WT. 3.2 OZ (89.7 G)