

REPLENISH. NATURALLY.

LYTES, short for electrolytes, is a plant-based alkaline electrolyte blend formulated to replenish nutrients lost through perspiration and fuel the most demanding workouts. †

When you sweat, you lose critical electrolytes essential for cell communication and fluid regulation. Just a slight loss of fluids and electrolytes can negatively impact your performance and lead to cramps. LYTES replenishes these lost nutrients using a blend of crucial vitamins & minerals. †

In addition to electrolytes, muscles need their preferred fuel of carbohydrates. LYTES carbohydrate blend maximizes nutrient absorption and rapidly refuels your muscle's glycogen levels. †

Vegan & Free of Soy, Dairy, Gluten, Artificial Flavors & Colors.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat or cure any disease.

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LYTES

Plant-Based Electrolyte Blend

DAIRY, SOY & GLUTEN FREE

LEMON LIME FLAVOR · NET WEIGHT 450g (.99lbs)
WHOLE FOOD DIETARY SUPPLEMENT

Suggested Use: Mix 1 scoop with 8-16 fluid ounces of ice water and enjoy!

Supplement Facts

Serving Size: 1 scoop (15g)

Servings Per Container: 30

	Amount Per Serving	% DV
Calories	40	
Total Carbohydrates	10g	3%*
Sugars	10g	**
Vitamin C (as Calcium Ascorbate)	60mg	100%*
Calcium (as Tricalcium Phosphate)	200mg	20%*
Phosphorous (as Tricalcium Phosphate)	89mg	8%*
Magnesium (as Magnesium Citrate)	100mg	25%*
Zinc (as Zinc Citrate)	1mg*	6%*
Selenium (as Selenium Amino Acid Chelate)	1.25mcg	2%*
Copper (as Copper Citrate)	.2mg	10%*
Chromium (as Chromium Polynicotinate)	20mcg	15%*
Chloride (as Sodium Chloride)	154mg	4%*
Sodium (as Sodium Chloride)	100mg	4%*
Potassium (as Potassium Citrate)	400mg	10%*

* Percent Daily Values are based on a 2,000 calorie diet.

** % Daily Value (DV) not established.

OTHER INGREDIENTS: Organic Sugar Cane, Natural Lemon and Lime Flavors, Citric Acid, Silicon Dioxide, Malic Acid, Fruit Juice (color), Stevia (leaf) Extract.

ALLERGEN STATEMENT: Manufactured in a facility that handles: Eggs, Wheat, Milk, Tree Nuts, Peanuts, Soybeans, Crustacean Shellfish, and Fish.

Visit us online at
athorganics.com

PLEASE



RECYCLE



MADE IN THE USA

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