

IRON TEK®

Hydro RECOVERY

4 IN 1 BLEND OF TART CHERRY, BCAAS,
ELECTROLYTES AND COCONUT WATER

Certified



Gluten-Free

FITS INTO
YOUR REGIMEN:

Pre-Workout



Post-Workout

Everyday

COCONUT
FLAVOR



500
milligrams
of Tart
Cherry

Non-GMO

Reduces
recovery time*

IRON-TEK® Hydro Recovery, when mixed with water, is a must-have post-workout drink to support your recovery and hydration.†

- Tart cherry (CherryPURE®) reduces recovery time.†
- Branched-chain amino acids (BCAAs) promote muscle health and exercise recovery.†
- Coconut water, with potassium, plays an essential role in muscle contractions.†
- 6 Essential electrolytes replenish electrolyte minerals lost during intense workout for total hydration.†

Delicious and refreshing. With no added sugar.

DIETARY SUPPLEMENT
NET WT. 4.9 g (0.17 OZ.)

Supplement Facts

Serving Size One (1) package (4.9 g)

Amount Per Serving		% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Sugars	2 g	**
Thiamin (vitamin B1)(as thiamine hydrochloride)	0.27 mg	18%
Riboflavin (vitamin B2)	0.30 mg	18%
Niacin (as niacinamide)	3.6 mg	18%
Vitamin B6 (as pyridoxine hydrochloride)	0.36 mg	18%
Folate (as folic acid)	72 mcg	18%
Vitamin B12 (as cyanocobalamin)	1 mcg	17%
Biotin (as d-Biotin)	54 mcg	18%
Pantothenic Acid (as calcium d-pantothenate)	1.8 mg	18%
Calcium (as calcium citrate, calcium d-pantothenate)	18 mg	2%
Phosphorus (as monopotassium phosphate)	49 mg	6%
Magnesium (as magnesium gluconate)	7 mg	2%
Chloride (as sodium chloride, pyridoxine hydrochloride, thiamine hydrochloride)	61 mg	2%
Sodium (as sodium chloride, sodium citrate)	45 mg	2%
Potassium (from coconut water concentrate, monopotassium phosphate)	200 mg	6%
Coconut Water ConcentrateΔ	2,250 mg (2.25 g)	**
CherryPURE® Tart Cherry Powder (fruit)	500 mg	**
Vegan L-Leucine	500 mg	**
Vegan L-Isoleucine	250 mg	**
Vegan L-Valine	250 mg	**

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

Other Ingredients: Natural coconut flavors, luo han fruit extract, natural vanilla flavor, natural pineapple flavor, sunflower lecithin, silica. Contains tree nuts (coconut).

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG

YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS WIND POWER

YES KOSHER

NO YEAST, WHEAT OR SOY

NO MILK OR PRESERVATIVES

NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

NO MAGNESIUM STEARATE

NO GMOs

See packet for "lot number" and "best by" date. Not labeled for individual sale. Do not accept if package is open. Store in a dry place between 59°-86° F. Keep out of the reach of children.

Contents packaged by weight not volume. Some settling may occur.

Get #IronTekFit.

iron-tek.com

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CountryLifeVitamins.com
Product No. 914320

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Directions: Adults, mix one (1) package (4.9 g) with one (1) cup (8 fl. oz./237 mL) of cold water or your favorite beverage once daily after your workout. As a reminder, discuss the supplements and medications that you take with your health care providers.

† 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.

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

This product has been manufactured at a GMP Registered facility.

Δ Naturally occurring sugar.

CherryPURE® is a registered trademark of Shoreline Fruit, LLC.

