

Electrolytes

Suggested Use: Mix one packet (5g) with your favorite protein powder and about 8 oz. of cold water. You can also mix it with just water.

Supplement Facts		
Serving Size 1 packet (5g)		
Amount Per Serving		% Daily Value
Calories	15	
Total Carbohydrate	3 g	1%†
Dietary Fiber	1 g	4%†
Total Sugars	2 g	*
Includes 0g Added Sugars		0%†
Vitamin C	2 mg	2%
Calcium	186 mg	14%
Iodine	49 mcg	33%
Magnesium	30 mg	7%
Selenium	1 mcg	2%
Chloride	288 mg	13%
Sodium	260 mg	11%
Potassium	168 mg	4%
†Percent Daily Values are based on a 2,000 calorie diet		
*Daily Value not established.		

Ingredients: Organic Coconut Water Powder, Calcareous Marine Algae (*Lithothamnium sp.*), Organic Tapioca Maltodextrin, Himalayan Pink Salt, Organic Luo Han Guo Extract (Monk Fruit).

Contains: Tree Nuts (Coconut)

Keep out of reach of children.

<p>Contact Us Phone: 1(877) 227-3631 Email: hello@takecareof.com</p>
--