

AMPED Hydrate - Lemon Lime

Nutrition Facts	Amount per Serving	% Daily Value*	Amount per Serving	% Daily Value*	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
	Total Fat 0 g	0%	Total Carbohydrate 9 g	3%	
Serving Size: ½ Stick (10 g) (makes 8 fl oz) Servings per Container: 48	Sodium 110 mg	5%	Sugars 8 g		Calories: 2,000 2,500
	Potassium 95 mg	3%	Protein 0 g	0%	Total Fat Less than 65 g 80 g
Calories 35 Calories from Fat 0	Vitamin C 100%	• Thiamin 35%	• Riboflavin 35%	• Niacin 35%	Sat Fat Less than 20 g 25 g
	Vitamin B6 35%	• Folate 35%	• Vitamin B12 35%	• Biotin 35%	Cholesterol Less than 300 mg 300 mg
	Pantothenic Acid 35%	• Zinc 30%	• Chromium 35%		Sodium Less than 2,400 mg 2,400 mg
	Not a significant source of saturated fat, <i>trans</i> fat, cholesterol, dietary fiber, vitamin A, calcium and iron.				Potassium 3,500 mg 3,500 mg
					Total Carbohydrate 300 g 375 g
					Dietary Fiber 25 g 30 g
					Protein 50 g 65 g

Ingredients: Glycogen Complex™ (fructose, honey powder, dextrose, cane sugar), electrolyte complex [sodium chloride, potassium citrate, Ionic Alfalfa™ (*Medicago sativa*) leaf extract], citric acid, tartaric acid, lemon juice powder, natural flavors, silicon dioxide, vitamin C (ascorbic acid), lime juice powder, stevia (*Stevia rebaudiana*) leaf extract, biotin, niacinamide, zinc oxide, pantothenic acid (d-calcium pantothenate), chromium amino acid chelate, vitamin B6 (pyridoxine HCl), thiamin HCl, riboflavin, vitamin B12 (cyanocobalamin), folic acid



SOY-FREE

GLUTEN-FREE

DAIRY-FREE

VEGETARIAN