

## AMPED™ Hydrate Juicy Orange

### NUTRITION DECLARATION

Daily portion: 1 Stick (20 g)

Daily portions per Container: 24

	Per 100 g	Per 20 g
Energy	1463 kJ / 350 kcal	293 kJ / 70 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	90 g	18 g
of which sugars	80 g	16 g
Protein	0 g	0 g
Salt	3 g	0.6 g

### VITAMINS & MINERALS

	Per 100 g	%NRV**	Per 20 g	%NRV**
Vitamin C	600 mg	750%	120 mg	150%
Thiamin (B1)	5.25 mg	477%	1.05 mg	95%
Riboflavin (B2)	6 mg	429%	1.2 mg	86%
Niacin (B3)	70 mg	438%	14 mg	88%
Vitamin B6	7 mg	500%	1.4 mg	100%
Folate	1400 µg	700%	280 µg	140%
Vitamin B12	15 µg	600%	3 µg	120%
Biotin	500 µg	1000%	100 µg	200%
Pantothenic acid (B5)	35 mg	583%	7 mg	117%
Zinc	45 mg	450%	9 mg	90%
Chromium	250 µg	625%	50 µg	125%

\*\*NRV = Nutrient Reference Value

**Ingredients:** Dextrose, acid (citric acid), fructose, spray dried honey, natural flavouring, acid (tartaric acid), sodium chloride, acidity regulator (potassium citrate), evaporated cane juice, natural orange fruit powder (1.5%), anti-caking agent (silicon dioxide), L-ascorbic acid, colour (carotene), sweetener (steviol glycosides), nicotinamide, zinc oxide, D-biotin, calcium D-pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, chromium (III) chloride, pteroylmonoglutamic acid, cyanocobalamin.



SOY-FREE



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN