

# AMPED™ Hydrate NAS Coconut

## Supplement Facts

Serving Size 1 Stick (4.6g)  
Servings per Container 24

Amount per Serving	% Daily Value
Calories 15	
Total Carbohydrate 3g	1%*
Dietary Fiber 2g	7%*
Total Sugars 0g	¶
Includes 0g Added Sugars	0%*
Vitamin C 92mg	102%
Thiamin (as thiamin mononitrate) 0.12mg	10%
Riboflavin 0.13mg	10%
Niacin (as niacinamide) 1.6mg NE	10%
Vitamin B6 (as pyridoxine HCl) 0.17mg	10%
Folate 40mcg DFE (24mcg folic acid)	10%
Vitamin B12 (as cyanocobalamin) 0.24mcg	10%
Biotin 3mcg	10%
Pantothenic Acid (as d-calcium pantothenate) 0.5mg	10%
Calcium 28mg	2%
Magnesium 13mg	3%
Zinc (as zinc oxide) 3.3mg	30%
Chromium (as chromium picolinate) 12.3mcg	35%
Chloride 166mg	7%
Sodium 110mg	5%
Potassium 100mg	2%
Superfruit Electrolyte Blend 1037mg	¶
Coconut ( <i>Cocos nucifera</i> ) water powder, mango ( <i>Mangifera indica</i> ) juice powder, pink Himalayan salt, organic banana ( <i>Musa paradisiaca</i> ) fruit powder, ginger ( <i>Zingiber officinale</i> ) root extract	

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

**Other Ingredients:** Organic Jerusalem artichoke (*Helianthus tuberosus*) root extract, potassium citrate, citric acid, natural flavors, organic stevia (*Stevia rebaudiana*) leaf extract, ascorbic acid, citrus pectin, silicon dioxide, calcium citrate, magnesium bisglycinate chelate

**Contains tree nuts (coconut).**



SOY-FREE



GLUTEN-FREE



DAIRY-FREE



SUITABLE FOR VEGANS