

# AMPED™ Hydrate Lemon Lime

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
45 servings per container		<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Sugars</b> 8g	
<b>Serving size</b> <b>2 Scoops (10g)</b> <b>(makes 8 fl oz)</b>		<b>Sodium</b> 110mg	<b>5%</b>	<b>Includes 8g of Added Sugars</b>	<b>16%</b>
<b>Calories</b> per serving		<b>Total Carbohydrate</b> 9g	<b>3%</b>	<b>Protein</b> 0g	<b>0%</b>
		Potassium 95mg 2%	Vitamin C 60mg 70%	Thiamin 0.525mg 45%	
		Riboflavin 0.6mg 45%	Niacin 7mg 45%	Vitamin B6 0.7mg 40%	
		Folate 238mcg DFE 60%	Vitamin B12 2.1mcg 90%	Biotin 105mcg 350%	
		Pantothenic Acid 3.5mg 70%	Zinc 4.5mg 40%	Chromium 40mcg 110%	

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium and iron.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Glycogen Complex™ (fructose, honey powder, dextrose, cane sugar), electrolyte complex [sodium chloride, potassium citrate, Ionic Alfalfa™ (*Medicago sativa*) stem and 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, vitamin B7 (biotin), vitamin B3 (niacinamide), zinc oxide, pantothenic acid (d-calcium pantothenate), chromium amino acid chelate, vitamin B6 (pyridoxine HCl), vitamin B1 (thiamin HCl), vitamin B2 (riboflavin), vitamin B12 (cyanocobalamin), folic acid

