

# AMPED™ Hydrate Refreshing Grape

Nutrition Facts	Per serving % DV*		Per stick % DV*		Per serving % DV*		Per stick % DV*	
<b>Total Fat</b>	0g	0%	0g	0%	<b>Total Sugars</b>	8g	16g	
<b>Sodium</b>	110mg	5%	220mg	10%	<b>Incl. Added Sugars</b>	8g	16%	32%
<b>Total Carb.</b>	9g	3%	18g	7%	<b>Protein</b>	0g	0%	0%
<b>Potassium</b>	95mg	2%	190mg	4%	<b>Folate</b>	238mcg DFE 60%	476mcg DFE 120%	
<b>Vitamin C</b>	60mg	70%	120mg	130%		(140mcg folic acid)	(280mcg folic acid)	
<b>Thiamin</b>	0.525mg	45%	1.05mg	90%	<b>Vitamin B12</b>	2.1mcg	90%	4.2mcg 180%
<b>Riboflavin</b>	0.6mg	45%	1.2mg	90%	<b>Biotin</b>	105mcg	350%	210mcg 700%
<b>Niacin</b>	7mg NE	45%	14mg NE	90%	<b>Pantothenic acid</b>	3.5mg	70%	7mg 140%
<b>Vitamin B6</b>	0.7mg	40%	1.4mg	80%	<b>Zinc</b>	4.5mg	40%	9mg 80%
					<b>Chromium</b>	40mcg	110%	80mcg 230%

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, dextrose, cane sugar, honey powder), natural flavors, electrolyte complex [sodium chloride, potassium citrate, Ionic Alfalfa™ (*Medicago sativa*) stem and leaf extract], tartaric acid, natural colors, grape juice powder, silicon dioxide, vitamin C (ascorbic acid), 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



SOY-FREE



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN