

# skcratch LABS

## EXERCISE HYDRATION MIX

### FLAVOUR

### INGREDIENTS

#### LEMON & LIME

CANE SUGAR, DEXTROSE, SODIUM CITRATE, CITRIC ACID, MAGNESIUM LACTATE, CALCIUM CITRATE, LEMON JUICE, LIME JUICE, POTASSIUM CITRATE, ASCORBIC ACID (VITAMIN C).

#### RASPBERRY

CANE SUGAR, DEXTROSE, SODIUM CITRATE, RASPBERRIES, CITRIC ACID, MAGNESIUM LACTATE, CALCIUM CITRATE, POTASSIUM CITRATE, ASCORBIC ACID (VITAMIN C).

#### ORANGE

CANE SUGAR, DEXTROSE, SODIUM CITRATE, CITRIC ACID, ORANGES, MAGNESIUM LACTATE, CALCIUM CITRATE, POTASSIUM CITRATE, ASCORBIC ACID (VITAMIN C).

#### PINEAPPLE

CANE SUGAR, DEXTROSE, SODIUM CITRATE, CITRIC ACID, PINEAPPLES, MAGNESIUM LACTATE, CALCIUM CITRATE, POTASSIUM CITRATE, ASCORBIC ACID (VITAMIN C).

#### MATCHA & LEMON

CANE SUGAR, DEXTROSE, SODIUM CITRATE, CITRIC ACID, MATCHA GREEN TEA, MAGNESIUM LACTATE, CALCIUM CITRATE, POTASSIUM CITRATE, MALIC ACID, LEMON OIL, ASCORBIC ACID (VITAMIN C), LEMON JUICE.

#### APPLE & CINNAMON

CANE SUGAR, DEXTROSE, APPLES, SODIUM CITRATE, CITRIC ACID, CINNAMON, MAGNESIUM LACTATE, CALCIUM CITRATE, POTASSIUM CITRATE, ASCORBIC ACID (VITAMIN C).

### AMOUNT PER SERVING

PERCENT DAILY VALUES (DV) ARE BASED ON A 2,000 CALORIE DIET.

FLAVOUR	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	POTASSIUM	TOTAL CARBOHYDRATE	FIBRE	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON	MAGNESIUM
LEMON & LIME	24G (MAKES 16OZ PREPARED)	80	0	0G (0% DV)	0MG (0% DV)	0G	0MG (0% DV)	360MG (15% DV)	40MG (1% DV)	21G (7% DV)	0G (0% DV)	20G	0G	0% DV	35% DV	6% DV	0% DV	10% DV
RASPBERRY	24G (MAKES 16OZ PREPARED)	80	0	0G (0% DV)	0MG (0% DV)	0G	0MG (0% DV)	360MG (15% DV)	40MG (1% DV)	21G (7% DV)	0G (0% DV)	20G	0G	0% DV	35% DV	6% DV	25% DV	10% DV
ORANGE	24G (MAKES 16OZ PREPARED)	80	0	0G (0% DV)	0G (0% DV)	0G	0MG (0% DV)	360MG (15% DV)	40MG (1% DV)	20G (7% DV)	0G (0% DV)	20G	0G	0% DV	35% DV	6% DV	0% DV	10% DV
PINEAPPLE	24G (MAKES 16OZ PREPARED)	80	0	0G (0% DV)	0G (0% DV)	0G	0MG (0% DV)	360MG (15% DV)	40MG (1% DV)	20G (7% DV)	0G (0% DV)	20G	0G	0% DV	35% DV	6% DV	0% DV	10% DV
MATCHA & LEMON	24G (MAKES 16OZ PREPARED)	80	0	0G (0% DV)	0G (0% DV)	0G	0MG (0% DV)	360MG (15% DV)	40MG (1% DV)	21G (7% DV)	0G (0% DV)	20G	0G	0% DV	35% DV	6% DV	25% DV	10% DV
APPLE & CINNAMON	24G (MAKES 16OZ PREPARED)	90	0	0G (0% DV)	0G (0% DV)	0G	0MG (0% DV)	360MG (15% DV)	40MG (1% DV)	22G (7% DV)	1G (4% DV)	21G	0G	0% DV	35% DV	6% DV	2% DV	10% DV

+ non-GMO + gluten free + dairy free + vegan + kosher + delicious

Resealable Bag contains ~20 16oz (500mL) servings