

RIP IT



POUR IT



ENJOY  
THE EFF'N™  
RIDE

**Suggested Use:** Take 1 serving (1 sachet) daily before, during or after your workout. Pour the beadlets into 10 oz. of water and wait until they dissolve completely, or rip open the sachet and tip the beadlets directly into your mouth in small portions, consuming the entire sachet. Let the beadlets completely dissolve in your mouth before swallowing. Read the entire label before use and follow directions provided.



# EFF'N™ HYDRATE!

BIOACTIVE EFFERVESCENT  
BEAD TECHNOLOGY

Replenishes electrolytes for  
enhanced hydration and recovery!

**LEMONADE FIZZ**  
Natural & Artificial Flavors

20 - 0.26 OZ. (8 G) SACHETS  
NET WT. 5.29 OZ. (150 G)

Effervescent  
Electrolyte Beadlets

## Nutrition Facts

20 servings per carton

Serving size **1 sachet (8 g)**

Amount per serving  
**Calories 5**

% Daily Value

Total Fat 0 g **0%**

Sodium 350 mg **15%**

Total Carbohydrate 2 g **1%**

Calcium 50 mg **4%** • Potassium 140 mg **2%**

Vitamin C 1000 mg **1110%** • Thiamin 0.3 mg **25%**

Riboflavin 0.32 mg **25%** • Niacin 4 mg **25%**

Vitamin B6 0.42 mg **25%** • Folate 100 mcg DFE **25%**

(60 mcg folic acid)

Vitamin B12 0.6 mcg **25%** • Biotin 7.5 mcg **25%**

Pantothenic Acid 1.2 mg **25%** • Phosphorus 30 mg **2%**

Magnesium 30 mg **8%**

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, protein, vitamin D and iron.

**Ingredients:** Isomalt, Citric Acid, Sodium Bicarbonate, Ascorbic Acid, Malic Acid, Natural and Artificial Flavor, Calcium Citrate, Dipotassium Phosphate, Potassium Bicarbonate, L-Leucine, Tartaric Acid, Sodium Citrate, Polyethylene Glycol, Silicon Dioxide, Sucralose, Magnesium Oxide, Senactiv® (Panax notoginseng root extract and Rosa roxburghii fruit extract), RebAudiolide D (from Stevia Leaf Extract), Nicotinamide, Calcium D-Pantothenate, Beta-Carotene (Color), Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Folic Acid, Biotin, Cyanocobalamin. Processed in a facility that processes crustacean shellfish, fish, soy and milk ingredients.

Distributed by Iovate Health Sciences U.S.A. Inc. 1100 North Market Street, 4th Floor, Wilmington, DE 19890.

# WELCOME TO THE EFF'N™ FUTURE

Quick-dissolve FZZR™ technology delivers fast results, whether you're mixing it in water or pouring it straight into your mouth. For ultimate versatility with unique effervescent flavors, EFF'N™ fuels your drive to do more, be more, and crush every goal.

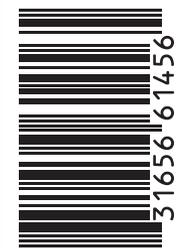
<sup>1</sup> Each serving delivers key electrolytes to enhance hydration and recovery by helping to replace what is lost during exercise.

Do not use if packaging has been tampered with. Store in a cool, dry place (60°F to 80°F). Contains bioengineered food ingredients.

Made in China from domestic and international ingredients.  
© 2025. For lot no. and best before date: see carton.

**SENACTIV** Senactiv® is a registered trademark of NuLiv Science.

**FZZR** FZZR is a registered trademark of TSI Group Co., Ltd.



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Batch# & EXP Date  
25x7mm

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