

AN Supps Hydration Sticks is a thirst-quenching blend of essential electrolytes and vitamins that work to optimise hydration and prolong your performance and energy levels in one easy drinking solution.

By rapidly replacing the electrolytes lost through sweat, you will prevent electrolyte imbalances and enhance your performance levels, warding off fatigue and improving muscle function.

Change the way you hydrate. For long flights and late nights!

KEY BENEFITS

- ✓ 1190mg total Electrolyte blend
- ✓ Provides natural energy
- ✓ Reduces tiredness & fatigue
- ✓ Exercise, daily wellbeing & travel
- ✓ Suitable for vegans & vegetarians
- ✓ Halal certified product

NUTRITIONAL INFORMATION

Serving Size: 1 Stick (8 g) - **Servings Per Pack:** 7 Servings

Typical Values	Per (100 g)	Per (8 g)
Energy	513 kJ/125 kcal	41 kJ/10 kcal
Fat	0 g	0 g
of which Saturates	0 g	0 g
Carbohydrate	17.5 g	1.4 g
of which Sugars	7.5 g	0.6 g
Protein	15.1 g	1.2 g
Salt	3.7 g	0.3 g

Electrolyte Blend - Actual	Per (100 g)	Per (8 g)	NRV*
Sodium	1912 mg	153 mg	
Potassium	5038 mg	403 mg	20%
Chloride	1500 mg	120 mg	15%
Calcium	4750 mg	380 mg	48%
Magnesium	1662 mg	133 mg	35%

Vitamin Blend	Per (100 g)	Per (8 g)	NRV*
Vitamin C	1000 mg	80 mg	100%
Vitamin B1	13.75 mg	1.1 mg	100%
Vitamin B2	17.5 mg	1.4 mg	100%
Niacin (Vitamin B3)	200 mg	16 mg	100%
Pantothenic Acid (Vit B5)	75 mg	6 mg	100%
Vitamin B6	17.5 mg	1.4 mg	100%
Vitamin B12	31.25 µg	2.5 µg	100%

Hydration Stack	Per (100 g)	Per (8 g)
Coconut Water Powder	25 g	2000 mg
Taurine	25 g	2000 mg
Aquamin™	12.5 g	1000 mg
Irish Sea Moss Extract	2.5 g	200 mg

*NRV = Nutrient reference value.

INGREDIENTS: Coconut Water Powder, Taurine, Aquamin™, Potassium Citrate, Acids (Citric Acid, Malic Acid), Magnesium Citrate, Magnesium Bisglycinate, Pink Himalayan Crystal Salt, Irish Sea Moss Extract (15:1), Flavouring, Sodium Citrate, Calcium Bisglycinate, Vitamin C (L-Ascorbic Acid), Sweetener (Sucralose), Free-Flowing Agents (Silicon Dioxide), Niacin, Pantothenic Acid, Vitamin B2, Vitamin B6, Thiamine Hydrochloride, Colour (Brilliant Blue FCF), Vitamin B12.

ALLERGENS: No common allergens included. Made in a facility that handles milk, egg, soy, fish, celery, and cereals containing gluten and products thereof.