

#BACKTOBASIC

The confusing world of supplements and sports nutrition can often be overwhelming, full of filler, unnecessary complexities and empty promises. It is time to get back to basics.

Stay refreshed and energized with Basic Supplements Hydration, your go-to electrolyte drink mix*. Each serving delivers 1800 mg of six essential electrolyte minerals, featuring a 2:1 sodium to potassium ratio to support optimal hydration and energy metabolism*. With 0 g of sugar per serving, our formula ensures you get the hydration you need without unnecessary additives. Perfect for daily use, it helps you maintain peak hydration*. Fuel your body right with Basic Supplements Hydration – simple, effective, and essential.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

⚠️ **WARNING:** Cancer and Reproductive Harm – www.P65Warnings.ca.gov/food

Do not use if packaging has been tampered with. Store in a cool, dry place (60°F to 80°F). Contains bioengineered food ingredients. Contents sold by weight, not volume. Contents may settle during shipping and handling.



Manufactured in the USA with domestic and imported ingredients.



Distributed by Nutralabz
3805 Walden Avenue, Lancaster, NY, 14086

BASICSUPPLEMENTS.COM

800102-V1



Supplement Facts

Serving Size 1 Stickpack (5 g)
Servings Per Container 20

	Amount per serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	< 1%*
Calcium (as Tricalcium Phosphate)	80 mg	6%
Phosphorus (as Tricalcium Phosphate)	40 mg	3%
Magnesium (as Magnesium Citrate)	60 mg	14%
Chloride (as Sodium Chloride)	650 mg	28%
Sodium (as Sodium Chloride and Sodium Citrate)	600 mg	26%
Potassium (as Potassium Citrate)	300 mg	6%

*Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Citric Acid, Natural & Artificial Flavors, Sucralose, Red Beet Powder (as Color).

⚠️ ALLERGEN WARNING: ⚠️

Made in a facility that also processes dairy, soy, egg, sesame, peanuts, tree nuts, fish/crustaceans/shellfish oils, and wheat products.

SUGGESTED USE (ADULTS): Mix 1 stickpack (5 g) of powder with 8 oz of cold water. Shake, blend, enjoy!



1 STICKPACK



ADD 8 oz LIQUID



SHAKE/BLEND

WARNING: Not intended for use by persons under 18. Do not use if pregnant or nursing. Consult a medical doctor if you have a medical condition or before starting any diet or exercise program.
KEEP OUT OF REACH OF CHILDREN.

basic
SUPPLEMENTS™

0g

SUGAR†

HYDRATION

Everyday Hydration

6 ESSENTIAL
ELECTROLYTE
MINERALS

1800 MG TOTAL
ELECTROLYTES†

2:1 SODIUM
TO POTASSIUM
RATIO

HELPS SUPPORT
ENERGY
METABOLISM*

GLUTEN
FREE

MIXES
INSTANTLY

VEGAN
FRIENDLY



DIETARY SUPPLEMENT
NET WT. 3.5 oz (100g)
20 STICKPACKS X 0.18 oz (5g)

per serving

