

Cadence

Inspired by the rhythm of daily discipline.

Formula

CORE

Melonberry flavoured electrolyte mix developed to maximise hydration. For use at any time of the day.

Fuel Guide

When	Sachets	:	Water ^(mL)	Objective
Upon waking	1	:	500	Replenish electrolytes lost while sleeping
1 hour pre-training	1	:	500	Hydrate before training
During training	1 - 3	:	500 - 1500	Sustain hydration & electrolyte balance
Post-training	1	:	500 - 1500	Replenish electrolytes lost while training

500

 mg.

Sodium

20 mg.

Magnesium

200 mg.

Potassium

NUTRITION FACTS

30 Servings Per Container
Serving Size 1 Sachet (5g)

AMOUNT PER SERVING

Calories **6**

% Daily Value

SODIUM 500mg **22%**

TOTAL CARBOHYDRATE 1.5g **0%**

Dietary Fiber 0g **0%**

Total Sugars 1.5g

Includes 1.5g Added Sugars **0%**

Magnesium 20mg **5%**

Potassium 200mg **10%**

*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

Natural Flavorings, Sodium Chloride, Citric Acid (Acidity Regulator), Potassium Chloride, Magnesium Citrate, Stevia

Cadence

Electrolyte Supplement

30 - 0.18oz (5g) Stick Pack | Net Wt. 5.3oz (150g)

Sweat out, salt in.

CORE

500

mg. Sodium

+ Magnesium

Potassium

Naturally flavored

Melonberry

30 Sachets

Product of United Kingdom

Store in a cool, dry place out of direct sunlight.

CA WARNING: This product can expose you to chemicals including Lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to: www.P65Warning.ca.gov/food

