HYDRATION FOR:

EXERCISE

HEAT/SUN

TRAVEL

WELLNESS

DEHYDRATION OCCURS DAILY IN 3 OUT OF 4 PEOPLE

Signs of dehydration can include:

- Dry Mouth
- Thirst
- Muscle Fatigue
- Bad Breath
- Dark Urine
- Brain Fog
- Dry Skin
- Infrequent Urination
- & More

WHY LIQUID I.V.?

- **3x the Electrolytes** of Traditional Sports Drinks
- **5 Essential Vitamins** B3, B5, B6, B12 and Vitamin C
- **Great Taste** Natural Passion Fruit Flavor
- **2-3x More Hydration than Water Alone** Utilizing the breakthrough science of Cellular Transport Technology (CTT)™

HOW CTT WORKS

The breakthrough science of Cellular Transport Technology (CTT)™ is an optimal ratio of nutrients that delivers hydration rapidly into your bloodstream, hydrating you 2-3x faster and more efficiently than water alone.

Mined Salt + Potassium + Pure Cane Sugar + Water = CTT

This breakthrough science depends on NON-GMO sugar strictly for function, not taste. Learn more about the science at liquid-iv.com.

OUR MISSION

DEFEATING DEHYDRATION GLOBALLY: We've partnered with you, the LIV community, to help save lives around the world. With each purchase you make, we donate a serving of Liquid I.V. to someone in need. Since our company's inception in 2012, we've donated over 500,000 servings to impoverished regions like Haiti, Puerto Rico, and Uganda, in addition to numerous U.S. cities that have been hit by natural disaster. We are on a mission to help people live better lives, and could not do it without you. Together, we will Change The World! #CTW

Nutrition Facts

Serving Size 1 stick (15g)
Servings Per Container 16

Amount Per Serving

Calories 50 **Calories from Fat** 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat	
Cholesterol 0mg	**0%**
Sodium 500mg	**21%**
Potassium 370mg	**11%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Sugars 11g	
Protein 0g	
Vitamin A	0%
Vitamin C	110%
Calcium	0%
Iron	0%
Niacin	110%
Vitamin B6	110%
Vitamin B12	110%
Pantothenic Acid	110%
Phosphorus	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Pure Cane Sugar, Dextrose, Citric Acid, Salt, Potassium Citrate, Sodium Citrate, Dipotassium Phosphate, Silicon Dioxide, Rebaudioside-A (Stevia Leaf Extract), Natural Flavors, Vitamin C (Ascorbic Acid), Vitamin B3 (Niacinamide), Vitamin B5 (D-Calcium Pantothenate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B12 (Cyanocobalamin)

No Preservatives *No Artificial Sweeteners*
No Artificial Flavors *No Artificial Colors*

SUGGESTED USE: Add 1 stick to 16oz of water and mix thoroughly before drinking. Take as needed to support hydration. Multiple servings can be consumed. Recommended by doctors and safe for kids. Store in a cool, dry place. When exposed to moisture or heat, product may crystallize, but is still effective and safe for consumption.