

## THE OBJECTIVE:

THE BODY IS MADE UP OF APPROXIMATELY 70% WATER AND NO REACTION HAPPENS IN THE BODY WITHOUT IT. MAKING SURE YOU STAY PROPERLY HYDRATED IS CRUCIAL TO PERFORMANCE AND A WELL-FUNCTIONING BODY.

TO STAY PROPERLY HYDRATED, MAKE SURE YOU ALWAYS HAVE YOUR CANTEEN. CANTEEN IS A PERFORMANCE HYDRATION POWDER, DESIGNED TO PROVIDE YOUR BODY WITH THE NECESSARY VITAMINS AND ELECTROLYTES NEEDED TO KEEP THE BODY HYDRATED AND FUNCTIONING AT ITS HIGHEST STATE OF READINESS.†

## CANTEEN® SUGGESTED USE:

FOR BEST RESULTS, MIX (1) SCOOP OF CANTEEN WITH 8-12 OUNCES OF WATER OR YOUR FAVORITE BEVERAGE AND CONSUME DURING YOUR WORKOUT OR ATHLETIC EVENT. CANTEEN CAN BE TAKEN ON TRAINING AND NON-TRAINING DAYS.



# REDCON1



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

HYDRATION<sup>†</sup>

# REDCON1

30 SERVINGS

# CANTEEN

REFRESH & RESTART<sup>†</sup>

HYDRATION + ELECTROLYTES<sup>†</sup>

DIETARY SUPPLEMENT  
Net Wt. 14.60 oz (414g)

ICY/LEMONADE  
NATURALLY AND ARTIFICIALLY FLAVORED

ELECTROLYTES ★ REFUEL ★ RECOVER<sup>†</sup>

## Supplement Facts

Serving Size: 1 Scoop (13.8g)  
Servings Per Container: 30

	Amount Per Serv.	%DV
Calories	20	
Total Carbohydrate	5g	2%*
Total Sugars	5g	**
Includes 5g Added Sugars		10%*
Vitamin C (as Ascorbic Acid)	40mg	44%
Niacin (as Niacinamide)	16mg	100%
Vitamin B6 (as Pyridoxine HCl)	1mg	59%
Folate	680mcg DFE (400mcg folic acid)	170%
Vitamin B12 (as Cyanocobalamin)	3mcg	125%
Biotin	30mcg	100%
Pantothenic acid (as D-Calcium Pantothenate)	5mg	100%
Magnesium (as Magnesium Citrate)	30mg	7%
Zinc (as Zinc Citrate)	3mg	27%
Sodium	170mg	7%
Potassium (as Potassium Citrate)	400mg	9%
Dextrose	5000mg	**
Taurine	1000mg	**
Coconut Fruit Water Powder	1000mg	**
Hyaluronic Acid (as Sodium Hyaluronate)	100mg	**

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value (DV) not established.

Other Ingredients: Citric Acid, Natural and Artificial Flavors, Sucralose, Silica, Salt, Acesulfame-K.

Contains: Tree Nuts (Coconut)

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WARNING: This product is intended to be consumed by healthy adults 18 years of age or older. Do not use if you are pregnant, nursing, taking any prescription or over-the-counter medications or supplements, or if you have or suspect you may have a medical condition. As with any dietary supplement, consult a healthcare professional before using this product. Discontinue 2 weeks prior to surgery. Immediately discontinue use and consult a healthcare professional if you experience any adverse reactions. KEEP OUT OF REACH OF CHILDREN.



V.I.1

STORE AT 59-86°F (15-30°C). PROTECT FROM LIGHT AND MOISTURE. PRODUCT DOES NOT COMPLETELY FILL CONTAINER. SETTLING OCCURS IN SHIPPING.

You Tube

WWW.REDCON1.COM