

Daily hydration made easy – for work, workouts,
and everything in between.

DAILY HYDRATION

- 1777mg Electrolytes
- 3.4g Creatine Monohydrate
- 500mg Sodium from Pink Himalayan Salt
- 120mg Calcium from Seaweed
- 75mg Magnesium from Seawater
- Gluten-free & Plant-based
- Daily Vitamins C, D3 + K2

HOW TO ENJOY



Mix 1 sachet with 500ml of cold water. 1-3 sachets per day depending on level of activity.

NUTRITIONAL INFORMATION: PER 9.4G SERVING / % NRV	
ENERGY	12KJ / 1KCAL
FAT	0G
OF WHICH SATURATES	0G
CARBOHYDRATE	0.5G
OF WHICH SUGARS	0G
FIBRE	0G
PROTEIN	0G
SALT	1.26G
CREATINE MONOHYDRATE	3.4G
SODIUM	500MG
POTASSIUM	300MG / 15%
MAGNESIUM	75MG / 20%
CALCIUM	120MG / 15%
CHLORIDE	782MG / 98%
VITAMIN C	80MG / 100%
VITAMIN D3	5MG / 100%
VITAMIN K2	75MG / 100%

NRV = Nutrient Reference Value

Natural Lemon and Lime flavour food supplement with creatine monohydrate, coconut water powder, vitamins and electrolytes.

INGREDIENTS: Creatine Monohydrate, Himalayan Pink Salt (Sodium Chloride), Aquamin® Soluble (Calcium Citrate Malate), Acidity Regulator (Citric Acid), Aquamin® Mg Soluble (Magnesium Citrate), Potassium Citrate, Coconut Water Powder, Natural Lemon and Lime Flavouring, Sweetener (Steviol Glycosides from Stevia), Vitamin C (Sodium Ascorbate), Vitamin K2 (Menaquinone), Vitamin D3 (Cholecalciferol).

STORAGE: Store in a cool, dry place away from direct sunlight.

Do not exceed the recommended daily intake. This food supplement should not be used as a substitute for a balanced diet and healthy lifestyle. If you are pregnant or breastfeeding, suffer from any health condition or taking any medication, please consult a medical professional before use.

MADE IN THE UK

Manufactured by: Rheal Superfoods Ltd.

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Distributed in the EU by:

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