

MGP HYDRATION NUTRITIONAL INFORMATION



Lemon & Lime
500ml

Energy (kcal) 15
Fat 0.01g
Of which:
Saturates 0g
Carbohydrates 1.74g
Of which
Sugars 1.54g
Protein 0g
Salt 0.18g



Orange
500ml

Energy (kcal) 39.2
Fat 0g
Of which:
Saturates 0g
Carbohydrates 9.24g
Of which
Sugars 9.04g
Salt 0.18g
Sodium 167g
Vitamin C 20mg
Pottasium 56mg



Pineapple
500ml

Energy (kcal) 39.2
Fat 0g
Of which:
Saturates 0g
Carbohydrates 9.24g
Of which
Sugars 9.04g
Salt 0.18g
Sodium 167g
Vitamin C 20mg
Pottasium 56mg



Berry Boost
+ Caffeine 150mg
500ml

Energy (kcal) 39.2
Fat 0g
Of which:
Saturates 0g
Carbohydrates 9.24g
Of which
Sugars 9.04g
Salt 0.18g
Sodium 167g
Vitamin C 20mg
Pottasium 56mg



Apple
+ Ginseng 75mg
500ml

Energy (kcal) 39.2
Fat 0g
Of which:
Saturates 0g
Carbohydrates 9.24g
Of which
Sugars 9.04g
Salt 0.18g
Sodium 167g
Vitamin C 20mg
Pottasium 56mg

MGP HYDRATION ACTIVE INGREDIENTS, %NRV



Lemon & Lime
500ml

Coconut Powder 2000mg
Sodium 75mg
Potassium 104mg
Vitamin B1 (Thiamine) 1.1mg 100%
Vitamin B3 (Niacin) 8mg 50%
Vitamin B5 (Pantothenic Acid) 3mg 50%
Vitamin B6 (Pyridoxine HCl) 7mg 50%
Vitamin D3 (Cholecalciferol) 5 100%
Vitamin B12 (Methylcobalamin) 2.5 100%
Vitamin C (Ascorbic Acid) 20mg 25%



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