

# H<sub>2</sub>O

## FACT SHEET

Zurvita Performance H2O is a delicious, tropical-flavored performance-boosting hydration drink mix. It contains premium ingredients that work together to provide hydration through low-glycemic carbohydrates, electrolytes and more. Available in a box with 10 servings.

The Informed Sport logo signifies that every batch of this product is tested for substances banned in sports before being released into the marketplace. There are no artificial colors, flavors or preservatives.



### Supplement Facts

10 servings per container

**Serving size** One Stick Pack (5.2g)

**Amount per serving**  
**Calories** **15**  
 % Daily Value\*

<b>Total Carbohydrate</b> 4g	<b>1%</b>
Total Sugars 1g	
Vitamin A (as Retinyl Palmitate) 38mcg	<b>4%</b>
Vitamin C (as Ascorbic Acid) 135mg	<b>150%</b>
Vitamin B1 (as Thiamine Mononitrate) 0.075mg	<b>6%</b>
Vitamin B2 (as Riboflavin) 0.18mg	<b>14%</b>
Pantothenic Acid (as D-Calcium Pantothenate) 0.8mg	<b>16%</b>
Calcium (as Calcium Lactate) 12mg	<b>&lt; 1%</b>
Magnesium (as Magnesium Citrate) 2.5mg	<b>&lt; 1%</b>
Chromium (as Chromium Picolinate) 0.6mcg	<b>2%</b>
Sodium (as Trisodium Citrate Dihydrate) 25mg	<b>1%</b>
Potassium (as Tri Potassium Citrate Monohydrate) 33.5mg	<b>&lt;1%</b>
Amylopectin Powder EnergySMART® 1905mg	†
D-Ribose 891mg	†
Coconut Water Powder (Cocos Nucifera) (Fruit) 500mg	†

† Daily Value not established

\*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.

### OTHER INGREDIENTS

Citric Acid, Natural Flavors, Vegetable Juice (For Color), Silicon Dioxide, Stevia Leaf Extract.

\*Allergen: Contains Soy, Tree Nuts (Coconut)

### TROPIC BREEZE

Natural Flavor (Mango)

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\*Safe for consumption for people of all ages. Fluid replenishment is essential and should always be readily available and never restricted prior to, during, and after vigorous play or exercise. In general, water is recommended during vigorous play in the pediatric population. Zurvita Performance H2O is a safe alternative or adjunct to supplement water intake during activities in moderation not exceeding more than 8 oz./day of Zurvita Performance H2O. Adults may take as needed or as directed by your physician. 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.