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Electrolyte Direct

Ingredient	Health Claims ¹	Amount (mg)	%RDA ² per portion
Vitamin C	<ul style="list-style-type: none"> Vitamin C contributes to normal energy-yielding metabolism Vitamin C contributes to the reduction of tiredness and fatigue 	100	125
Magnesium	<ul style="list-style-type: none"> Magnesium contributes to a reduction of tiredness and fatigue Magnesium contributes to electrolyte balance Magnesium contributes to normal energy-yielding metabolism Magnesium contributes to normal muscle function 	150	40
Potassium	<ul style="list-style-type: none"> Potassium contributes to normal muscle function 	300	15
Chloride	<ul style="list-style-type: none"> Chloride contributes to normal digestion by production of hydrochloric acid in the stomach 	85	10.6
Glucose	-	1000	-

¹According to Regulation (EU) No 432/2012

²RDA = Recommended daily allowance



INGREDIENTS

Dextrose, magnesium citrate, potassium chloride, acidifier (citric acid), L-ascorbic acid (vitamin C), natural flavorings, anti-caking (calcium silicate), sweetener (sucralose).

NUTRITION FACTS (PER PORTION)

Energy	17 kJ/4 kcal
Fat	0 g
of which saturates	0 g
Carbohydrates	1 g
of which sugars	1 g
Dietary fiber	0 g
Protein	0 g
Salt	< 0.1 g

HIGHLIGHTS

- High in vitamin C
- High in magnesium
- Direct intake or soluble in water
- Extra energy from dextrose
- Without artificial flavors and colorants

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