

FOR YOUR DOCTOR OR PHARMACIST

Strength Genesis Hydrate

Electrolyte drink mix · 1 stick (7 g) in 16 oz water, once daily

Patient name _____

Date _____

Supplement Facts · per stick		
Nutrient	Amount	% DV
Calories	10	
Total Carbohydrate	2 g	1%
Vitamin C (as calcium ascorbate)	400 mg	444%
Vitamin B12 (as methylcobalamin)	50 mcg	2083%
Calcium (from calcium ascorbate)	50 mg	4%
Magnesium (from magnesium citrate)	100 mg	24%
Chloride (from sea salt)	900 mg	39%
Sodium (from sea salt)	600 mg	26%
Potassium (from potassium citrate)	300 mg	6%

%DV based on a 2,000-calorie diet. Allulose adds a dietarily insignificant amount of sugar.

Questions to ask

- Is 600 mg sodium and 300 mg potassium a day okay with my medications?
- Do I have a sodium or potassium limit?
- Do any of my medications (for example a diuretic, ACE inhibitor, ARB or spironolactone) change that answer?
- Should my electrolyte levels be checked?
- Is it okay to take this daily, or only on active days?

Doctor's notes

Other ingredients

Tropical Splash: allulose, natural flavors, citric acid, silica, stevia leaf extract (Reb M), beta carotene.

Berry Blast: allulose, natural flavors, citric acid, silica, beet root powder, stevia leaf extract (Reb M).

Contains no dairy, yeast, wheat, gluten, eggs, soy, peanuts, tree nuts, fish, shellfish, sesame, preservatives, artificial colors or flavors. No artificial sweeteners. Non-GMO. Vegan.

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. Dr. Derek Alessi holds a Ph.D. and is not a medical doctor.

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