

RIPSTIX™

HYDRATE FREQUENTLY™

Over 150 million Americans consume soda on a daily basis, with the average soda drinker taking in three glasses per day. This mass consumption can have many negative long-term effects on individual health and wellness.

Besides carbonation, artificial coloring, and an excess of other synthetic ingredients, a typical soda contains 15-18 teaspoons of sugar per serving and upwards of 240 calories; this may account for around 10% of an individual's daily caloric allowance, pushing them over the limit and reducing the amount of healthy calories consumed from whole foods, fruits and vegetables.

Soda consumption is strongly linked to weight management issues in adults as well as children. The food and beverage industry currently spends approximately \$2 billion per year marketing to children ages 2-17. In the United States, nearly 40% of children's diets come from added sugars and unhealthy fats.

To help address the soda epidemic, Zija International has formulated Ripstix Hydrate. At just 24 calories per serving—1/10th the amount found in a large soda—it is a superior alternative to the sugar-laden beverages so prevalent today. Its bright pink color also comes naturally from beet juice powder and elderberries.

Ripstix Hydrate tastes great, replenishes essential electrolytes lost through regular and physical activity, and is safe for all ages.

SUPPLEMENT FACTS

60 SERVINGS PER BAG
52 SERVINGS PER TUB

Serving Size 1 Packet (7g) or About 1/3 Scoop

Amount Per 1 Packet

CALORIES

24

% DV *

0 %	Total Fat 0g
0 %	Saturated Fat 0g
0 %	Trans Fat 0g
0 %	Cholesterol 0mg
3 %	Sodium 77mg
2 %	Total Carbs 6g
0 %	Dietary Fiber 0g
-	Sugars 4g
0 %	Protein 0g

*Percent Daily Value is based on a 2,000 calorie diet

INGREDIENTS: Glucose, Fructose, Natural Flavor, Citric Acid, Malic Acid, Sodium Chloride, Silica, Stevia, Dipotassium Phosphate, Stearic Acid, Beet Juice Powder, Elderberry Powder

DIRECTIONS:

For Ripstix Hydrate packets: Mix 1 packet of Ripstix Hydrate with 8-18 oz of cold water, shake well, and drink throughout the day to satisfy your thirst without adding excess calories!

For Ripstix Hydrate tub: Mix the following amounts of Ripstix Hydrate with cold water, shake or stir well, and drink: 1 scoop for 32 oz. water, 4 scoops for 1 gallon (128 oz) of water, or the entire container for 5 gallons (640 oz) of water.

GF GLUTEN-FREE

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

