



Sports Performance[†]

SUGGESTED USE: Mix 1 scoop with at least 12 ounces of water. Consume before, during, and after your workout or as recommended by your health-care practitioner.

TAMPER EVIDENT: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

If pregnant, consult your health-care practitioner before using this product.



MANUFACTURED IN THE USA
USING US & IMPORTED INGREDIENTS



GLUTEN FREE

[†]This product uses Genesis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Genesis S.p.A. ^{††}This product uses Albion's TRACSO® Magnesium Lysinate Glycinate Chelate, Zinc Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate. TRACSO is a registered trademark of Albion International, Inc.

[‡]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



THORNE[®]

Catalyte[®]

Lemon Lime Flavored Electrolytes

DIETARY SUPPLEMENT



NET WT
11.01 OZ (312 G)

SUPPLEMENT FACTS

Serving Size: One Scoop (10.4 g)
Servings Per Container: 30

One Scoop (10.4 g) Contains:	%DV	One Scoop (10.4 g) Contains:	%DV
Calories	30	Calcium (as Calcium Lactate)	80 mg 6%
Total Carbohydrate	5 g 2%*	Magnesium (as TRACSO® Magnesium Lysinate Glycinate Chelate)††	40 mg 10%
Total Sugars	<1 g **	Zinc (as TRACSO® Zinc Bisglycinate Chelate)††	5 mg 45%
Includes < 1 g Added Sugars	1%*	Chromium (as TRACSO® Chromium Nicotinate Glycinate Chelate)††	15 mcg 43%
Vitamin C (as Sodium Ascorbate)	100 mg 111%	Chloride (as Sodium Chloride)	80 mg 3%
Thiamin (as Thiamin HCl)	1 mg 83%	Sodium (as Sodium Chloride, Disodium Phosphate and Sodium Bicarbonate)	485 mg 21%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	2 mg 154%	Potassium (as Potassium Citrate)	96 mg 2%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	2 mg 118%	Taurine	500 mg **
Folate (20 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	33.3 mcg DFE 8%		
Vitamin B12 (as Methylcobalamin)	6 mcg 250%		
Pantothenic Acid (as Calcium Pantothenate)	4 mg 80%		

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients: Tapioca Maltodextrin, Citric Acid, Flavors, Silicon Dioxide, Rebseadioxide A.

WARNING FOR CALIFORNIA RESIDENTS ONLY: Consuming this product can expose you to chemicals, including lead, which are known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

manufactured by:
THORNE RESEARCH, INC., 1-800-228-1966



SF101
LSF10112