



**mansfields**  
CONTRACT FOOD MANUFACTURING

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## PRODUCT INFORMATION

<b>Customer:</b> Mr Health	<b>Brand:</b> Mr Health
<b>Name:</b> Hydration	<b>Flavour:</b> Lemon Flavour
<b>Size:</b> 300g	<b>Development Code:</b> OLA-HYDRATION-LMN03
<b>Date:</b> 20/06/2025	<b>Version:</b> 1

## NUTRITION INFORMATION

Servings per package: 30

Serving size: 10g

	AVERAGE QUANTITY PER SERVING	AVERAGE QUANTITY PER 100g
Energy	34.6 kJ (8.3 Cal)	346 kJ (83 Cal)
Protein	0.1 g	1.1 g
-Gluten	Nil detected	Nil detected
Fat, Total	0.0 g	0.0 g
-Saturated	0.0 g	0.0 g
Carbohydrate	0.0 g	0.0 g
-Sugars	0.0 g	0.0 g
Dietary Fibre	3.9 g	39.0 g
Sodium	1,200 mg	12,000 mg
Potassium	250 mg	2,500 mg
Calcium	80 mg	800 mg
Magnesium	80 mg	800 mg

*Nutrition Information relates to powder only.*

Ingredients: Electrolyte Minerals (Sodium Chloride, Magnesium Chloride, Potassium Chloride, Calcium Citrate), Acacia Gum, Natural Flavouring, Food Acid (Citric Acid), Sweetener (Thaumatococcus).  
^*Katemfe Fruit Extract.*

Directions: Add 10g (approx. 2 scoops) into 500ml of chilly water depending on your liking, stir or shake to dissolve.

Store below 30°C in a cool, dry place.

Recommended Daily Intake: 1 serving.

Formulated Supplementary Sports Food.

This product is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise program.

**‘Not suitable for children under 15 years of age or pregnant women: Should only be used under medical or dietetic supervision.**



Recommended nutritional claims based on FSANZ Schedule 4:

1. Gluten Free.
2. No added artificial flavour, colour & sweetener.
3. Potassium is necessary for normal water and electrolyte balance.
4. No Added Sugar

#### CHANGE HISTORY

Issue Date	Issue No.	Issued by	Position	Details of Changes
20/06/2025	1	Jenny Oey	Innovation Manager	New Product

*The information above is prepared in accordance with the Australia New Zealand Food Standards Code, and the nutritional information provided has been calculated from data obtained from raw material suppliers' specifications and food composition tables.*