



DRINK LMNT: ZERO SUGAR HYDRATION

A tasty electrolyte drink mix that is formulated to help anyone with their electrolyte needs and is perfectly suited to folks following a keto, low-carb, or paleo diet.



NO SUGAR



NO GLUTEN



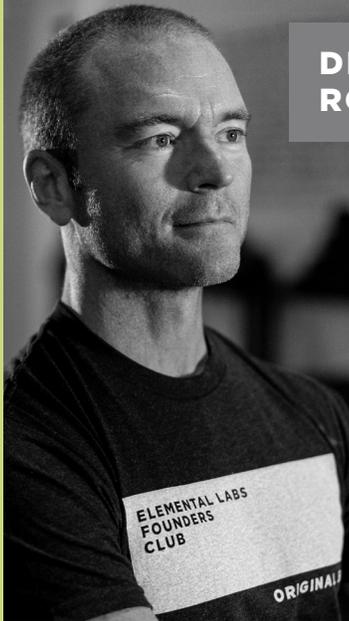
NO DODGY INGREDIENTS



VEGAN FRIENDLY



PALEO-KETO FRIENDLY



DEVELOPED BY ROBB WOLF & HIS COACHES

I struggled with health issues for decades, until I found a low-carb diet that worked best for me. But I just couldn't get my fitness to the next level. My coaches, Tyler and Luis, told me to get more salt. When I listened, everything changed: I had more energy, slept better, and felt my brain functioning on new levels.

After spending years meticulously mixing electrolyte homebrews, LMNT was born - a tasty electrolyte drink mix with lots of salt and no sugar or other junk.

I hope LMNT can do as much for you as it does for me. Stay Salty!

- ROBB WOLF &
THE LMNT TEAM



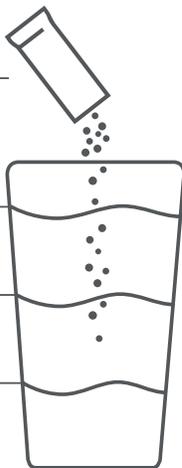
HOW TO #STAYSALTY

MIX 1
STICK
PACK
WITH

32oz
SALTY

24oz
SALTIER

16oz
SALTY
AF



FIND YOUR FLAVOR AVAILABLE IN:



30 CT
BOX



12 CT
VARIETY
PACK



KICKSTART
YOUR DAY



SUPPORT
HEALTHY FASTING



POWER YOUR
WORKOUTS



ULTIMATE TRAVEL
COMPANION

Nutrition Facts	Citrus Salt	Raspberry Salt	Orange Salt	Raw Unflavored
8 servings per container				
Serving size 1 stick pack	(6g)	(6g)	(6g)	(6g)
Amount per serving				
Calories	10	10	10	0
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0g 0%	0g 0%	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%	0g 0%	0g 0%
Trans Fat	0g	0g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%	0mg 0%
Sodium	1000mg 43%	1000mg 43%	1000mg 43%	1000mg 43%
Total Carbohydrate	2g 1%	2g 1%	2g 1%	0g 0%
Dietary Fiber	0g 0%	0g 0%	0g 0%	0g 0%
Total Sugars	0g	0g	0g	0g
Includes Added Sugars	0g 0%	0g 0%	0g 0%	0g 0%
Protein	0g 0%	0g 0%	0g 0%	0g 0%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>				
Vitamin D	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%
Calcium	0mg 0%	0mg 0%	0mg 0%	0mg 0%
Iron	0mg 0%	0mg 0%	0mg 0%	0mg 0%
Potassium	200mg 4%	200mg 4%	200mg 4%	200mg 4%
Magnesium	60mg 15%	60mg 15%	60mg 15%	60mg 15%

INSTRUCTIONS:

Mix 1 stick pack with 16oz of water.

...or get creative and send us your ideas for how to stay salty at ideas@DrinkLMNT.com

Ingredients: Salt (Sodium Chloride), Citric Acid, Magnesium Malate, Potassium Chloride, Natural Flavors, Stevia Leaf Extract.

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WHY ARE ELECTROLYTES SO VITAL?

- Electrolytes conduct electrolyte charges in your body. Every message sent through your nervous system (including your brain) involves electrolyte transmissions - or nerve impulses - between cells. You need electrolytes, especially sodium and potassium, in order for nerve impulses to fire.
- Electrolytes also regulate fluid balance, help you produce energy, and strengthen bones.
- Sodium, potassium, and magnesium:
 - Regulates fluid balance (blood flow)
 - Regulates blood pressure
 - Helps conduct nerve impulses
 - Promotes the release of vasopressin (or antidiuretic hormone) which helps you sleep through the night
 - Aids in energy (ATP) production
 - Contributes to DNA synthesis
 - Regulate blood sugar levels
 - Help muscles contract (including your heart)
 - Increases the absorption of certain nutrients through the gut.

FOR FURTHER READING AND REFERENCES, [CLICK HERE](#)



OFFICIAL HYDRATION PARTNER OF USA WEIGHTLIFTING

Used and recommended by health professionals, leaders, coaches, and athletes in:

NFL • NBA • Navy SEALs
 Whole30 • Johns Hopkins • UCLA Medical
 Columbia School of Public Health
 Vanderbilt University
 First Responders nationwide



SALTY AND WORTH EVERY SWALLOW

My entire family benefits from this mix. My youngest son has overcome Cushings Disease and is conscientious in balancing his body systems since his pituitary was damaged during surgery. Electrolyte balance is crucial for his good health. *-Jennifer H.*

LMNT: MY NEW ADDICTION

The salt and other electrolytes help wake me up with more energy and mental clarity. I'm sharing my packets with friends and family who are now hounding me to order it for them! *-Maureen B.*



GOOD STUFF!!

I love it. Tastes great. I'm surprised, but I think I like the unflavored raw one best! I am a critical care nurse, on my feet all night. My legs used to cramp while I was sleeping and stretched from dehydration and low intake and not replacing what I was losing at work. Not now. I rarely cramp. And usually only when I don't get the chance to drink LMNT. My 14 year old drinks it now instead of sports drinks, thank goodness!! Wish we had this when I was 14! *-Julie K.*