

## NUTRITIONAL FACTS

### QWIKSERV™

Based on 8 oz. serving

	REGULAR	%DV
CALORIES	60	
TOTAL FAT	0g	0%
SODIUM	55mg	2%
POTASSIUM	45mg	1%
TOTAL CARB.	16g	5%
SUGARS	16g	
PROTEIN	0g	

### FAST PACK®

Based on 6 oz. serving

	REGULAR	%DV	ZERO	%DV
CALORIES	50		0	
TOTAL FAT	0g	0%	0g	0%
SODIUM	40mg	2%	40mg	2%
POTASSIUM	35mg	1%	35mg	1%
TOTAL CARB.	13g	4%	<1g	0%
SUGARS	13g		0g	
PROTEIN	0g		0g	

### QWIK STIK® 8-10 OZ., 20 OZ. & TUBE

Based on 8 oz. serving

	ZERO	%DV
CALORIES	0	
TOTAL FAT	0g	0%
SODIUM	55mg	2%
POTASSIUM	45mg	1%
TOTAL CARB.	<1g	0%
SUGARS	0g	
PROTEIN	0g	

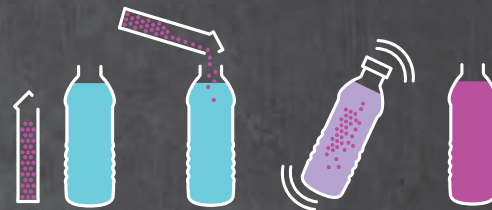
### HOT STIK

Based on 8 oz. serving

	REGULAR	%DV
CALORIES	10	0%
TOTAL FAT	0g	0%
SODIUM	55mg	2%
POTASSIUM	45mg	1%
TOTAL CARB.	3g	1%
SUGARS	2g	
PROTEIN	0g	0%

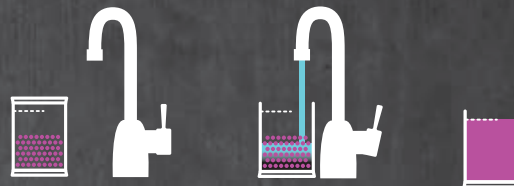
## APPLICATION INSTRUCTIONS

### QWIKSERV™ AND QWIK STIK®



- Tear package along the dotted line
- Pour package powder directly into a ½ liter bottle of water
- Apply cap to the bottle of water
- Shake bottle of water to mix powder and water
- Remove cap from the bottle of water
- Drink and enjoy

### FAST PACK®



- Tear open package along the top dotted line
- Add water directly to the package up to the bottom of dotted line
- Drink and enjoy

### HOT STIK



- Tear package along the dotted line
- Pour package powder into a thermal mug or cup of hot water
- Stir or shake well to mix
- Drink and enjoy