

Everlast 500ml Lemon Lime - Pack of 4

Everlast Electrolyte Sports Drink User Manual

Model: 500ml Lemon Lime - Pack of 4

1. PRODUCT OVERVIEW

The Everlast Electrolyte Sports Drink in Lemon Lime flavor is designed to support peak performance and aid in recovery. This pack contains four 500ml bottles, formulated to provide energy and maximize fluid absorption during physical activity.



Image: Four 500ml bottles of Everlast Lemon Lime Electrolyte Sports Drink, ready for consumption.

2. KEY FEATURES

- **Lemon Zest Flavor:** A refreshing lemon-lime taste designed to enhance the drinking experience.
- **Isotonic Formulation:** Maximizes fluid absorption and energy conversion, aiding in rapid rehydration.
- **Hydration Support:** Formulated with an Osmolality of 257mOs/L to quickly replace fluids lost through sweating.
- **Electrolyte Replacement:** Assists with the rapid replacement of vital fluids, energy, and electrolytes lost during exercise.
- **Performance & Recovery:** Helps prevent fatigue, sustain performance, and quicken rehydration after physical activity.



Image: A single bottle of Everlast Lemon Lime Sports Drink, illustrating its key benefits: delicious, refreshing, and invigorating.

3. INGREDIENTS

The Everlast Electrolyte Sports Drink contains the following ingredients:

- Water
- Sugar
- Sodium Citrate
- Citric Acid
- Potassium Phosphate
- Ascorbic Acid
- Salt
- Acacia Gum
- Glycerol Esters of Wood Rosins
- Artificial Flavors
- Sodium Benzoate (as preservative)
- Butylated Hydroxyanisole
- FD&C Yellow No. 5.

INGREDIENTS: Water, Sugar, Sodium Citrate, Citric Acid, Potassium Phosphate, Ascorbic Acid, Salt, Acacia Gum, Glycerol Esters of Wood Rosins, Artificial Flavors, Sodium Benzoate (as preservative), Butylated Hydroxyanisole, FD&C Yellow No. 5.

Image: A clear display of the ingredients list for the Everlast Electrolyte Sports Drink.

4. USAGE INSTRUCTIONS

4.1. Consumption Guidelines

- Consume a bottle before or during physical activity to provide energy and maintain focus.
- To maintain fluid balance during vigorous exercise, it is recommended to consume 150-250ml of Everlast Isotonic Drink every 15 minutes.
- Serve chilled for optimal taste and refreshment.

4.2. Setup

No specific setup is required for this product. Simply open the bottle and consume as directed.

5. STORAGE AND HANDLING (MAINTENANCE)

- Store in a cool, dry place away from direct sunlight.
- Once opened, store refrigerated below 4°C (39°F) and consume within 5 days.
- Refer to the shoulder of the bottle for the "Best Before" date.

6. NUTRITIONAL INFORMATION

Below is the nutritional information per serving (1 bottle) of Everlast Electrolyte Sports Drink:



Image: Detailed Nutrition Facts panel for one bottle of Everlast Electrolyte Sports Drink.

Nutrition Facts (Per 1 Bottle Serving)

Nutrient	Amount	% Daily Value*
Calories	100	
Total Fat	0g	0%
Sodium	250mg	10%
Total Carbohydrate	24g	9%
Total Sugars	24g	
Incl. Added Sugars	24g	48%
Protein	0g	
Potassium	70mg	2%

*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.

7. SPECIFICATIONS

Specification	Detail
Brand	Everlast
Flavor	Lemon Lime
Item Form	Liquid
Number of Items	4
Units	4.0 Count

Specification	Detail
Package Information	Bottle
Item Weight (Total)	4.19 Pounds
Manufacturer	Everlast
ASIN	B0DP82H8C4

8. TROUBLESHOOTING

For a consumable product like the Everlast Electrolyte Sports Drink, troubleshooting typically relates to quality or consumption issues.

- Unusual Taste or Odor:** If the product exhibits an unusual taste or odor, check the "Best Before" date on the bottle. Ensure it has been stored correctly in a cool, dry place, and refrigerated after opening. Do not consume if the seal is broken or if the product appears compromised.
- Adverse Reaction:** If you experience any adverse reactions after consuming the product, discontinue use immediately and consult a healthcare professional. Review the ingredients list for potential allergens.
- Packaging Damage:** If bottles arrive damaged or seals are broken, do not consume the product. Contact the retailer or manufacturer for assistance.

9. SUPPORT AND WARRANTY

This product is a consumable item and does not typically come with a traditional warranty. For any concerns regarding product quality, safety, or general inquiries, please contact the manufacturer, Everlast, directly through their official channels or the retailer from whom the product was purchased.

For more information about Everlast products, you may visit the [Everlast Store on Amazon](#).

Related Documents

	<p>Everlast Powerlock Double End Reflex Ball Assembly Instructions</p> <p>Step-by-step assembly instructions for the Everlast Powerlock Double End Reflex Ball, detailing methods for securing the elastic rope using suction cups or carabiners, and adjusting the ball's height for optimal use.</p>
	<p>Everlast Thunder 215 Operator's Manual: Safety, Setup, and Use Guide</p> <p>Comprehensive operator's manual for the Everlast Thunder 215 welder, covering safety, setup, operation, specifications, and troubleshooting for MIG, TIG, and Stick welding processes.</p>

	<p><u>Everlast Mouthguard User Instructions and Fitting Guide</u></p> <p>Comprehensive guide for Everlast mouthguards, detailing product types, fitting instructions, maintenance, storage, and safety warnings for optimal use in sports like Martial Arts.</p>
	<p><u>Everlast Lightning 225 MTS Operator's Manual - Safety, Setup, and Use Guide</u></p> <p>Comprehensive operator's manual for the Everlast Lightning 225 MTS multi-process welder. Covers safety, setup, operation, and maintenance for professional MIG, TIG, and Stick welding applications.</p>