

SPORTS SERIES

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HYDRATE



ELECTROLYTE AND CARBOHYDRATE DRINK MIX

BERRY FLAVOUR



A blend for rapid hydration

Part of our Sports Series, Hydrate is a **berry flavour** drink mix, which contains a tailored blend of electrolytes and carbohydrates for rapid hydration before, during and after exercise.

It tastes great, is easy to mix and is also gentle on the stomach.

Carbohydrate-electrolyte solutions have been scientifically proven to contribute to the maintenance of **endurance performance** during prolonged endurance exercise, as well as to enhance the **absorption of water during physical exercise**.

Suitable for use before, during or after exercise...



BENEFICIAL FOR...

- Hydration
- Fluid balance
- Endurance / stamina
- Muscle function
- Muscle cramping / fatigue
- Performance
- Focus
- Body PH levels
- Nervous system function
- Long periods of exercise
- Athletes
- Gym goers

About the ingredients...

How does hydration affect exercise and performance?

Maintaining hydration, especially during long periods of exercise, can be very difficult.

Ensuring you stay hydrated is not only necessary for your body to function correctly, it is also fundamental for **endurance, performance** and **focus** - in fact, **a loss in hydration of just 2% equates to a 10% loss in performance.**

When exercising, our bodies lose fluids through perspiration. We not only lose water when we exercise, we also lose important minerals (also known as electrolytes) such as potassium, chloride and sodium.

Our Hydrate drink mix contains an electrolyte blend that includes these minerals. Taking this will help to **replenish the body's water and electrolyte levels following the dehydration caused by exercise.**

Electrolyte combination:

What are electrolytes?

Electrolytes are essential minerals that are vital to many key functions in the body. For example, they regulate **muscle contractions**, keep you **hydrated**, help balance your **pH levels** (the measure of acidity and alkalinity) and control nervous-system function.

In other words, they are essential for basic life functioning. This includes maintaining **fluid balance** and helping muscles and nerves to work properly.

Your body works to keep electrolytes in fine balance. If the level of electrolytes in your body becomes too high or too low, it can disrupt normal body functions. Symptoms of electrolyte imbalance include:

- muscle weakness and cramping
- headaches
- confusion
- irregular heartbeat
- nausea.

The main electrolytes are sodium, potassium and chloride, as well as magnesium, calcium, phosphate and bicarbonates. They are often referred to in the context of dehydration and the loss of electrolytes through sweat during exercise.

The electrolyte combination used in this formula are:

- trisodium citrate
- sodium chloride
- potassium chloride



Hydrate is available for re-sale under your own label (or our label)
and can be dropshipped by us.

*See our Trade Price List for trade prices, RRP's, discounts, dropshipping rates etc.