

PRODUCT INFO

HYDRATE+

GYM PARTNER | SIDEKICK | BOUNCE-BACK BUDDY

30 (5.7g) Single Serve Packets

Meet your new gym partner, sidekick, and bounce-back buddy! Hydrate+ is an electrolyte-charged drink powder that helps keep your body hydrated, balanced, and refreshed. It's loaded with essential nutrients and minerals to support your daily activities and busy lifestyle—at the coffee shop, the gym, and even happy hour! Hydrate+ helps keep you going while boosting overall wellness,** helping you look and feel your hydrated best!

Features and benefits:

- Provides 5 essential electrolytes for daily hydration support
- Assists with post-workout recovery*
- Helps deter many hangover symptoms
- Supports refreshed, hydrated skin*
- Sugar free!
- Lemon Burst flavour



KETO
FRIENDLY



NON
GMO



SOY
FREE



VEGAN



SUPPLEMENT FACTS

Nutrition Facts / Valeurs nutritionnelles / Información nutricional / Nährwertinformation / Ravintotieto / Närringsinnehåll / Næringsinnehållsinformasjon / Voedingsinformatie / Närringsinnehåll	Per 5.7 g / Par 5,7 g / Por 5,7 g / Pro 5,7 g / Pr 5,7 g	% NRV* / VNR* / VRN* / VSVA* / RI* / ADH* / Per 5.7 g
Manganese / Manganèse / Manganeso / Mangan / Mangaani	1mg	50%
Magnesium / Magnésium / Magnesio	100mg	27%
Potassium / Potasio / Kallium	500mg	25%
Copper / Cuivre / Cobre / Kupfer / Kupari / Kobber / Koper / Koppur	0.2mg	20%
Zinc / Zinc / Zink / Sinkki	1.5mg	15%
Coconut Water / Eau de coco en poudre / Agua de coco en polvo / Kokosnusswasserpulver / Kookosviesjauhe / Kokosmælk-pulver / Kokosvannpulver / Kokosnotwaterpoeder / Kokosvattenpulver	1g	
Salt / Sel / Sal / Salz / Suola / Zout	0.15g	

*NRV = Nutrition reference values / *NRV = Nährstoffbezugswerte / *VNR = valeurs nutritionnelles de référence / *VRN = Valor de referencia de nutrientes / *VSVA = vuorokautisen saannin / *RI = referenciedag for en voksen gennemsnitsperson (8400 kJ/2000 kcal) / *RI = referansinntak for en voksen gjennomsnittsperson (8400 kJ/2000 kcal) / *RI = referansinntag for en genomsnittlig vuxen (8400 kJ/2000 kcal) / *ADH = anbefolten dagelikkje hoeveelhed

Ingredients: Acid (citric acid), coconut water dehydrated, potassium phosphate, magnesium citrate, calcium citrate, natural lemon flavouring, potassium citrate, flavourings, anti-caking agent (silicon dioxide), lemon lime flavouring, emulsifier (guar gum), salt, sweetener (steviol glycosides), colours (chlorophylls, beta-carotene), manganese citrate, zinc citrate, sodium molybdate, chromium chloride, copper oxide, sodium selenite

SUGGESTED USE

For the perfect hydration drink, mix one packet into 250 ml of water. Enjoy once a day before or after physical activities.

WARNING

Do not exceed the recommended daily dose. Keep out of reach of young children. Protect from heat, light and moisture. Store at room temperature. Do not use if seal is broken or missing. Food supplements are not substitutes for a varied and balanced diet and a healthy lifestyle.



* Magnesium contributes to electrolyte balance. Zinc contributes to maintenance of normal skin.

** Water contributes to the maintenance of normal physical and cognitive functions.

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FREQUENTLY ASKED QUESTIONS

What is Hydrate+?

Hydrate+ is a sugar free electrolyte drink powder designed to make every sip count! It hydrates your body while replenishing many of the key minerals and nutrients needed to complement your everyday lifestyle. At the coffee shop, the gym, and even happy hour, Hydrate+ helps you stay hydrated, balanced and refreshed.

Why should I take Hydrate+?

Water is just one chapter in the hydration story; electrolytes must be replenished daily to keep you looking and feeling great! Hydrate+ is infused with key nutrients and antioxidants that do exactly that. Everyday activities like drinking coffee and alcohol, working out, and keeping pace with a busy lifestyle can contribute to dehydration, but Hydrate+ supports healthy hydration while boosting overall wellness.**

When should I take Hydrate+?

Hydrate+ can be used before or after exercise for hydration, muscle function support, and to help replenish some of the electrolytes lost through sweat. You should also drink it along with coffee and alcohol consumption to help replenish fluids and electrolytes. In other words, take Hydrate+ with you everywhere you go – think of it as your newest sidekick! It should be taken daily to maintain overall electrolyte balance and boost hydration in your everyday life.

What are some of the active electrolytes found in Hydrate+?

Hydrate+ contains many important electrolytes, including Potassium, Magnesium, Calcium, Sodium and Chloride. Each one helps support your overall health, like contributing to normal muscle function, blood pressure maintenance, and even psychological function!

Why is hydration important?

Keeping your body hydrated helps improve your mood, performance, and supports general wellness!** An excellent hydration routine also helps your skin stay clear and radiant.* Set a goal to drink 2 litres of water a day! When your body becomes dehydrated from a rapid loss of fluids, this can result in electrolyte deficiencies that should be replenished with healthy hydration. It's a great reason to use Hydrate+ for hydration support and electrolyte balance!

Does Hydrate+ work with a ketogenic diet?

Yes! Hydrate+ is keto-friendly and helps replenish many of the electrolytes that can be depleted when adopting a keto lifestyle.

What flavour is Hydrate+?

Hydrate+ comes in Lemon Burst, a refreshing, lemon-lime citrus flavour.

How many Hydrate+ servings are in a bag?

Each bag of Hydrate+ includes 30 single-serve packets. Boost your hydration with a serving each day!

Is Hydrate+ vegan?

Yes, Hydrate+ is vegan. It's also non-GMO, soy-free, and keto-friendly!

Does Hydrate+ contain gluten?

Hydrate+ is formulated with only gluten-free ingredients. It is not currently tested for gluten that may or may not be introduced during the manufacturing process.

Can I use Hydrate+ if I am pregnant, nursing, or have ongoing medical conditions?

Before using any new product, we suggest that you consult your physician to find out if it is right for you.

Can I give Hydrate+ to my children?

Hydrate+ is recommended only for adults 18 years and older.