

PRODUCT INFO

HYDRATE+

GYM PARTNER | SIDEKICK | BOUNCE-BACK BUDDY

30 (5.9g) 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+ promotes faster recovery time while boosting overall wellness, helping you look and feel your hydrated best† - all with less than 1g sugar.

Features and benefits:

- Provides 6 essential electrolytes for daily hydration support†
- Boosts body's ability to absorb nutrients†
- Assists with post-workout recovery†
- Helps deter many hangover symptoms†
- Supports refreshed, hydrated skin†
- Lemon Burst flavor



SUPPLEMENT FACTS

Supplement Facts

Serving Size: 1 packet (5.9g)

Servings Per Container: 30

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	<1%*
Total Sugars	<1 g	**
Including 0 g Added Sugar		
Calcium (as tricalcium citrate)	90 mg	7%
Magnesium (as magnesium citrate)	100 mg	24%
Zinc (as zinc citrate)	1 mg	9%
Selenium (as sodium selenite)	1 mcg	2%
Copper (as copper citrate)	0.2 mg	22%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium nicotinate glycinate chelate)	5 mcg	14%
Molybdenum (as sodium molybdate)	3.5 mcg	8%
Sodium	65 mg	3%
Potassium (as potassium phosphate and potassium aspartate)	500 mg	11%
Coconut water concentrate	1 g	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily value (DV) not established.

Other Ingredients: Citric acid, natural flavors, silica, guar gum, salt, rebaudioside-A, spirulina (for color) and beta carotene (for color).

Contains: Coconut

SUGGESTED USE

For the perfect hydration drink, mix one packet into 8 oz. of water. Enjoy once a day!

WARNING

Keep out of reach of children. Consult your physician if you are pregnant, nursing, taking medications, or have a medical condition. Protect from heat, light, and moisture. Store at 15-30°C (59-86°F). Do not use if seal is broken or missing.



†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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FREQUENTLY ASKED QUESTIONS

What is Hydrate+?

Hydrate+ is a lemon-flavored electrolyte supplement 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 also 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, exercising, and keeping pace with a busy lifestyle can contribute to dehydration, but Hydrate+ provides faster recovery times while also boosting overall wellness!†

When should I take Hydrate+?

Hydrate+ can be used before and after exercise for hydration, improved recovery, and to help replace 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 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, Chloride, Calcium, Sodium, and Phosphate. Each one contributes to your overall health, aiding important activities in your body like maintaining body temperature control, easing muscle contractions, and even boosting brain function!†

Why is hydration important?

Keeping your body hydrated helps improve your mood, brain function, performance, and general wellness! An excellent hydration routine also helps your skin stay clear and radiant. Set a goal to drink 8 glasses 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 rethink your drink and 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.† It can also help limit the symptoms of “keto flu”—an uncomfortable body response that can be experienced when beginning keto, due in part to dehydration.†

What flavor is Hydrate+?

Hydrate+ comes in a refreshing, lemon citrus flavor.

How many Hydrate+ servings are in a bag?

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

Is Hydrate+ vegan?

Yes, Hydrate+ is vegan. It's also non-GMO, soy-free, keto-friendly, and has no artificial colors or flavors!

Does Hydrate+ contain gluten?

Hydrate+ is formulated with only gluten-free ingredients. It is not currently tested to detect 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.

