



# HYDRATE

Great-Tasting Hydration Complex\*

## BLUE RASPBERRY

### Hydrate

Staying hydrated can make or break athletic performance as a multitude of physiological processes rely on fluid balance and electrolyte availability. Hydrate is a delicious, naturally flavored hydration complex formulated with a balanced profile of key minerals, electrolytes, vitamins, taurine, and carnosine.

These ingredients work in synergy to support optimal hydration and promote healthy electrolyte balance, which is crucial for sustaining athletic performance, muscle contraction, and cell function.\* Just as importantly, Hydrate is free from artificial additives and sugars that can actually hinder your performance and health. Key benefits of the Hydrate formula:

- Provides Powerful Hydrating Nutrients\*
- Supports Optimal Athletic Performance\*
- Promotes Healthy Cell Function & Muscle Contraction\*
- Boosts Antioxidant Capacity\*
- Naturally Sweetened, Gluten-Free, Dairy-Free, Non-GMO, and Vegetarian
- No Preservatives, Added Sugars, Caffeine, or Stimulants\*

### How the Ingredients in Hydrate Work

Electrolytes are substances that become ions (charged molecules) in solution and gain the ability to conduct electricity. The balance of electrolytes in your body is imperative for healthy cellular physiology, especially when you're exercising.\* When you sweat, electrolytes are lost and must be replenished to maintain proper cell function.\*

As such, staying hydrated is key for sustaining athletic performance and helping you push through your workouts. Hydrate contains an evidence-based blend of essential minerals and electrolytes that support cellular hydration and fluid balance.\* Here's how these unique micronutrients work:

#### Calcium (as Dicalcium Phosphate and Calcium D-Glucarate)

Calcium is key for healthy muscular contraction, cell signaling, cell division, and bone density.\*<sup>1</sup> Hydrate contains highly bioavailable calcium from dicalcium phosphate and calcium D-glucarate for supporting healthy calcium status.\*

#### Phosphorus (as Dicalcium Phosphate)

Phosphorus has ubiquitous roles throughout the human body acting as a component of phosphate. Phosphorus works synergistically with calcium to support bone density and muscular contraction, as well as being a crucial substrate for energy (ATP) production.\*<sup>2</sup>

#### TRAACS® Magnesium (Magnesium Bisglycinate Chelate)

Magnesium is one of the most lacking minerals in the modern human diet, yet it's also one of the most important for healthy and efficient muscle contraction, cardiovascular function, neurotransmission, digestion, and healthy fluid balance.\*<sup>3</sup> With magnesium, the key is to supplement with a form that's well-absorbed, which is why Hydrate contains highly bioavailable TRAACS® patented magnesium bisglycinate chelate.

#### Sodium (as Trisodium Citrate and Sodium Chloride)

Sodium is the primary positive ion (cation) present in fluid outside of cells. It modulates the amount of water in the body and the movement of sodium into and out of cells is essential for proper cell-to-cell signaling.

#### Potassium (Potassium Chloride and Potassium Aspartate)

Potassium is the primary positive ion (cation) present inside of cells. Along with sodium, potassium is essential for cell-to-cell signaling and is also an important substrate for skeletal muscle contraction.



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## Chromium (as Chromium Picolinate)

Chromium is an essential trace mineral that has been shown to promote proper carbohydrate metabolism, support healthy serotonin levels, and even regulate cortisol levels (which tend to increase during exercise).<sup>4,5</sup> In so doing, chromium can help support energy production and mood during physical activity.\* Many dietary supplements rely on inferior forms of chromium which are not well-absorbed, such as chromium chloride. Hydrate contains chromium picolinate as this form is highly bioavailable.<sup>6</sup>

## Hydrating Vitamin Complex

In addition to minerals and electrolytes, Hydrate contains a comprehensive profile of bioavailable B vitamins, vitamin C, and vitamin E. These vitamins work complementary to minerals and electrolytes in Hydrate to support healthy cellular function and maintain antioxidant status.\* Research suggests that antioxidant vitamins help mitigate exercise-induced oxidative stress, thereby promoting athletic performance and endurance.\*<sup>7</sup>

## Taurine and L-Carnosine

Taurine is a non-proteinogenic amino acid with research demonstrating that it supports athletic performance (especially at high intensity) and may attenuate exercise-induced oxidative stress.\*<sup>8</sup> This amino acid is unique in that it's not abundant in foods, meaning you must supplement with it to reach effective doses.

Hydrate also contains carnosine—a dipeptide that appears to play an integral role in muscle contraction and high-intensity exercise, with research suggesting it acts as a “buffer” and may reduce fatigue associated with lactic acid buildup.\*<sup>9</sup> Carnosine also has been shown to have antioxidant properties throughout the body (antioxidants protect against oxidative stress by neutralizing free radicals).<sup>10</sup>

## Why Use Hydrate?

Hydrate is a delicious flagship hydration formula, meticulously crafted with electrolytes and nutrients that support fluid balance while you exercise and partake in physical activity.\* Optimal hydration is a crucial component of athletic performance and endurance. Plus, this formula is free from added sugars, artificial colors, and unnecessary additives that can detract from your health and performance.

## References:

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\* 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.



# Supplement Facts

Serving Size: About 1 Scoop (5.5 g)

Servings Per Container: 30

Ingredients:	Amount	%DV*
Calories	15	
Total Carbohydrate	3 g	1%*
Vitamin C (ascorbic acid)	120 mg	133%
Vitamin E (as dl-alpha tocopheryl acetate)	12.9 mg	86%
Thiamin (as thiamin hydrochloride)	2 mg	167%
Riboflavin	5 mg	385%
Niacin (as niacin)	10 mg NE	63%
Vitamin B6 (as pyridoxine HCl)	5 mg	294%
Folate	20 mcg DFE	5%
(Quatrefolic®)	(12 mcg folic acid)	
(as (6S)-5-methyltetrahydrofolic acid, glucosamine salt)		
Vitamin B12 (as methylcobalamin)	6 mcg	250%
Pantothenic acid (as Calcium-D-pantothenate)	28 mg	560%
Calcium	103 mg	8%
(from dicalcium phosphate and calcium D-glucarate)		
Phosphorous (as dicalcium phosphate)	69 mg	6%
Magnesium [as magnesium oxide and magnesium bisglycinate chelate (TRAACS®)]	200 mg	48%
Zinc (as zinc oxide)	0.005 mg	<1%
Chromium (as chromium picolinate)	83 mcg	237%
Chloride	162 mg	7%
(from potassium chloride and sodium chloride)		
Sodium	96 mg	4%
(as trisodium citrate and sodium chloride)		
Potassium	176 mg	4%
(as potassium chloride and potassium aspartate)		
Taurine	500 mg	**
L-Carnosine	20 mg	**

**Other Ingredients:** Citric Acid, Inulin, Malic Acid, Silicon Dioxide, Natural Flavor, Stevia Leaf Extract.

Quatrefolic® is a registered trademark material of Gnosis S.p.A., Patent No. 7,947,662.

TRAACS® is a registered trademark of Albion Laboratories, Inc. U.S. Patent 6,706,904.

**Directions:** Mix 1 scoop in 8 ounces of water 10-15 minutes before exercise and every 15 minutes during exercise or as directed by your healthcare practitioner.

**Caution:** If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



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