

SUPPLEMENT FACTS

Serving Size 1 level scoop (11.5 g) Servings Per Container 40

	AMOUNT PER SERVING	% DV*
Calories	40	
Total Carbohydrate	10 g	3%
Sugars	9 g	**
HYDRATION BLEND		
Calcium (as calcium citrate)	10 mg	1%
Magnesium (as magnesium citrate)	40 mg	10%
Sodium (as sodium citrate)	230 mg	10%
Potassium (as potassium citrate)	80 mg	2%
Quercetin (<i>Uncaria elliptica</i>) leaf extract	250 mg	**

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

**% Daily Value (DV) not established.

OTHER INGREDIENTS: Beet sugar, Dextrose, Citric acid, Silica, Natural mandarin orange flavor (with other natural flavors), Stevia (*Stevia rebaudiana*) leaf extract.

DIRECTIONS: Gently shake the container to loosen compressed powder. Mix 1 level scoop with water until dissolved according to recommended dosage below. Drink during exercise.

RECOMMENDED DOSAGE:

Duration (mins)	30	60	90
Level scoops	1	2	3
Water (oz)	8	16	24

WARNING: Consult with a healthcare professional if you are pregnant, breastfeeding, or if you have any medical conditions. Keep out of reach of children.

ALLERGEN INFORMATION: This product is manufactured in a plant that also processes milk, soy, egg, fish, crustacean shellfish, tree nuts, peanuts, and wheat ingredients.

STORE IN A COOL, DRY PLACE.

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BEACHBODY PERFORMANCE™

HYDRATE

CITRUS

DURING
WORKOUT



FORMULATED WITH KEY INGREDIENTS
SCIENTIFICALLY SHOWN TO:*

- » Support hydration during exercise
- » Replace electrolytes lost during exercise
- » Fuel working muscles and improve endurance

BEACHBODY PERFORMANCE™ SUPPLEMENTS

Designed by Harvard-trained scientists, and based on cutting-edge exercise physiology and performance nutrition research, Beachbody Performance uses scientifically backed *ergogenic* ingredients and plant-based nutrients to help maximize exercise performance and recovery without any artificial colors, flavors, sweeteners, or preservatives.

During exercise body temperature rises, and if you are not adequately hydrated it can result in a drop in power and performance. Water alone during exercise isn't the most effective way to hydrate, and typical sports drinks are filled with sugar and artificial ingredients that can actually dehydrate you and cause gastrointestinal discomfort. For effective hydration during exercise, the body requires an optimal balance of sugar, electrolytes, and water. This balance is known as the fluid's *osmolality*. Hydrate combines an optimal osmolality and specific electrolyte levels to maximize fluid absorption and replace electrolytes lost during exercise. When used as directed, Hydrate has been specifically formulated to match sweat losses and is completely customizable to training duration. Keep yourself hydrated to improve exercise effectiveness, recovery, and general well-being.

*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.



Certified for Sport™

DIETARY SUPPLEMENT

NET WT 1 LB 0.2 OZ (460 g)

