#### THE HYDRATION CONTINUUM

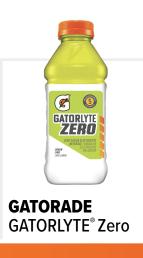
# **HYDRATION SOLUTIONS FOR EVERY OCCASION**

















**HYDRATION** 

CARBS (G)\*

**PURPOSE** 

Water

CALORIES\*

30

SODIUM (MG)\* POTASSIUM (MG)\*

**PURPOSE** 

CARBS (G)\*

160

- Unflavored water for all athletes on and off the field
- ▶ Electrolyte infused for great taste
- Alkaline (pH of 7.5 or higher)
- Filtered with a 7-step enhanced filtration process

Ideal for shorter-duration training that is low-tomoderate in intensity

SODIUM (MG)\* POTASSIUM (MG)\*

- Consume with an alternate source of carbohydrate if using during longer-duration activity
- Helps maintain fluid balance
- Electrolytes to help replace what you lose in sweat

CALORIES\*

45

CALORIES\*

163 43

SODIUM (MG)\* POTASSIUM (MG)\*

CARBS (G)\*

**PURPOSE** 

hydration

Contains no added

Delivers 100% of the daily

value of vitamins A/B3/B5/

B6/C as well as electrolytes

from watermelon & sea salt

SODIUM (MG)\* POTASSIUM (MG)\*

6

CALORIES\*

**PURPOSE** 

CARBS (G)\*

- For the active consumer > Zero sugar rehydration looking for vitamin packed Scientifically formulated for
- rapid rehydration and has a 5-electrolyte blend to help sugar, artificial flavors or quickly replace fluids and sweeteners, and no added electrolytes lost in sweat

18 5 CARBS (G)\* CALORIES\*

180 60

SODIUM (MG)\* POTASSIUM (MG)\*

### **PURPOSE**

- Specifically created to be an all day, always on hydration solution
- Developed with an advanced blend of electrolytes from watermelon & sea salt
- Contains essential vitamins A/B3/B5/B6/C
- Lower sugar, calories, and sodium
- No artificial sweeteners. flavors, or added colors

8 CARBS (G)\* CALORIES\*

SODIUM (MG)\* POTASSIUM (MG)\*

#### **PURPOSE**

- Scientifically formulated for rapid rehydration and has a 5-electrolyte blend to help quickly replace fluids and electrolytes lost in sweat
- Contains lower sugar (60% lower than leading sports drink) and no artificial sweeteners or flavors

80

Higher Intensity/Longer Duration (>60min)

CARBS (G)\* CALORIES\*

50 160 SODIUM (MG)\* POTASSIUM (MG)\*

## **PURPOSE**

- Ideal for longer-duration, moderate/high-intensity training/competition
- Carbs to fuel working muscles
- ▶ Electrolytes to help replace what you lose in sweat

