

# HYDRATE

## Total Body Hydration

Hydrate is an electrolyte beverage that replenishes nutrients lost through daily activity better than water alone. It provides essential electrolytes for proper mineral balance to help you feel restored and replenished without added calories or sugar.

## Why You'll Love It

- A delicious source of the essential electrolytes and minerals your body needs for optimal hydration, wellness, and recovery
- A more effective way to hydrate with 3× the amount of electrolytes than traditional sports drinks
- Convenient packs to take on the go

## What's Inside

- **1625+ mg of essential electrolytes:** sodium, magnesium, potassium, and chloride
- **Pink Himalayan salt:** providing an optimal source of sodium and trace minerals
- **Zero sugar, zero calories**

## How to Use

Add one stick to 12 to 32 fl oz of water, depending on the desired flavor. Mix and enjoy!



Soy Free



Non-GMO



Gluten Free



Quality Tested



Vegan



No artificial flavors, colors, or sweeteners

Visit [isagenix.com](https://isagenix.com) for more information on flavors, packaging, and nutrition facts.

ISAGENIX®