



HYDRATE ELECTROLYTE SPORTS DRINK

Fast effective hydration to keep you performing at your peak for longer.

FAST

HYDRATE combines electrolytes and carbohydrates in a refreshing sports drink that is absorbed by your body faster than water alone.

EFFECTIVE

A scientifically balanced formula ensures that electrolytes lost in sweat are restored, fluid is replaced and glucose is provided for your body's immediate energy needs.

HYDRATION

HYDRATE contains sodium, the main electrolyte lost in sweat, required for rapid and complete re-hydration and fluid retention.

PEAK PERFORMANCE

Sports nutritionists from the New Zealand Academy of Sport say to perform at your best you must stay hydrated, as a fluid loss of only 2% of body weight by dehydration can reduce your performance by 10 – 20%.

LONGER

Electrolytes sodium and magnesium help you avoid cramp, and carbohydrates help sustain energy during intense exercise. All so you can maintain your motor skills and stay mentally sharper for longer – international studies indicate athletes can stave off fatigue up to 37% longer!

MADE AND TESTED IN NEW ZEALAND

At Raisey's Originals it is our mission to produce the highest quality products in the specialist field of sports nutrition. Our boutique manufacturing facility in Napier uses New Zealand sourced raw materials whenever possible to ensure the highest quality standards.

Our product development team includes a select group of passionate New Zealand athletes who test each product under development. It is with thanks to the feedback from these men and women that we perfect our products for optimum performance and taste.

MAXIMUM TRAINING POWER

HYDRATE is an important step of the three part process of Raisey's Original training programme. Part One is to prepare your body with a good quality protein and carbohydrate source like Raisey's Original Honey and Whey for breakfast. Then use HYDRATE immediately before, during and after your activity. Refuel within 20 minutes of finishing with ISOL8 – a premium protein source to repair muscle damage so you're all ready for tomorrow's challenge.

Buy Raisey's Original sports nutrition online:

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RAISEY'S ORIGINAL THREE PART TRAINING PROGRAM



WHEN TO USE

By the time you feel thirsty, you are already dehydrated. Drink HYDRATE before, during and after intermittent or continuous high intensity exercise, or activity lasting longer than 60 minutes.

USAGE RATE

Drink up to 500ml 15 minutes before exercise to prime your stomach, and always drink enough during and after to replace 1.5 times the amount of body weight lost (through sweat) during exercise.

HOW MUCH TO USE

Dissolve 1 scoop (20g) per 250ml – 350ml

Shake 2 scoops in a 700ml drink bottle

Mix 3 scoops per litre in a hydration pack bladder

STORAGE

Reseal firmly after each use and store in a cool dry place.

INGREDIENTS

Fructose, sucrose, maltodextrin, (glucose polymer), dextrose, flavour, sodium chloride, citric acid, calcium lactate, potassium chloride, magnesium lactate, anticaking agent (551).

HYDRATE is manufactured on equipment that may also process products containing egg powder, soy, dairy, and products derived from shellfish.

HYDRATE is colour free so it won't stain your drink bottle or the bladder in your hydration pack.

Made in New Zealand from local and imported ingredients.

NUTRITIONAL INFORMATION (When mixed with water)

800g PACKAGE SERVINGS

Servings per package: 40 Serving size 250-350ml: 1 Scoop = 20g

2.5kg PACKAGE SERVINGS

Servings per package: 125 Serving size 250-350ml: 1 Scoop = 20g

Average Composition	per 250ml serve (20g)	per 100ml
Energy	302kj	120.8kj
Protein	0g	0g
Fat	- Total 0g	0g
	- Saturated 0g	0g
Carbohydrates	- Total 18.8g	7.5g
	-Fructose 9g	3.6g
	-Sucrose 3.5g	1.4g
	-Glucose 2.4g	0.9g
	-Total sugars 14.9g	5.9g
Glucose Polymers	3.2g	1.28g
Sodium	142mg (6.2mmol)	57mg (2.48mmol)
Potassium	63mg (1.6mmol)	25mg (0.64mmol)
Calcium	14.4mg (0.36mmol)	5.7mg (0.14mmol)
Magnesium	12.2mg (0.5mmol)	4.8mg (0.19mmol)