

directions:

standard dose:

mix 1 scoop with 8-12oz of cold water

strong dose:

mix 2 scoops with 16-24oz of cold water

*multiple scoops can be taken in more extreme scenarios

[hydrate] (hahy-dreyt)

1. **v.** to combine chemically with water.
2. **n.** a drink or supplement that typically contains electrolytes.

de·fine[hydrate] - n.

define[hydrate] is the very definition of what a hydration supplement should be. It has clinical doses of all essential electrolytes as well as the same ratios as what's found in a Lactated Ringer IV bag. This means it will prevent the effects of dehydration (mainly mental and physical fatigue) by balancing the amount of water in your body, as well as improving the function of muscle and nerve cells. Electrolytes can be found naturally in a well-rounded diet, but using a product like define[hydrate] will be the best way to fill gaps in your electrolyte intake and/or maximize your hydration. These qualities make define[hydrate] the most ideal product to use during sweaty training sessions, hangovers, or any time throughout the day to hydrate.

#defineyourself



margarita

Dietary Supplement .21lbs/96g

de·fine [hydrate]™
electrolyte formula



i.v.
ratios

natural
energy

de·fine[nutrition]™

Supplement Facts

Serving Size: 1 Scoop (3.2g)
Servings Per Container: 30

	Amount Per Serving	%DV*
Calcium (as calcium chloride)	7mg	1%
Phosphorus (as potassium phosphate)	24mg	2%
Magnesium (as magnesium bisglycinate chelate)	40mg	10%
Chloride (as sodium chloride, potassium chloride, calcium chloride)	543mg	24%
Sodium (as sodium chloride)	355mg	15%
Potassium (as coconut water concentrate, potassium phosphate, potassium chloride)	68mg	1%
Coconut Water Concentrate	500mg	**

* Percent daily values are based on a 2,000 calorie diet.

** Daily value (DV) not established.

Other Ingredients: Citric Acid, Natural Flavors, Turmeric Root Powder (for color), Silicon Dioxide, Sucralose, Fruit & Vegetable Juice Powder (for color).

Warning: Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.

Contains: Tree Nut (Coconut).

Electrolyte Sources Per Scoop (3.2g)

Sodium Chloride	910mg
Potassium Chloride	30mg
Calcium Chloride	20mg

Caution: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

* 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.

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define[nutrition]
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