




### ABOUT BLONYX HYDRA+:

When you train you lose water and electrolytes through sweat and use up carbohydrates stored in the muscle. To both perform and recover well you need to replace what is lost quickly

HYDRA+ is a convenient alternative to a sports drink. It's made from real food sources and tastes like a refreshing, light fruit juice.

-  Natural energy from real mangos, passionfruit and organic cane sugar
-  Naturally occurring electrolytes from coconut water and sea salt
-  Electrolyte levels matched to that lost in sweat\*\*

\*\*with the exception of sodium as research shows the body can easily replenish what is lost itself.

THIS PRODUCT CONTAINS REAL FRUIT, PARTICLES OF WHICH WILL FLOAT TO THE TOP AFTER MIXING. THIS IS TOTALLY NORMAL

#### KEEP OUT OF REACH OF CHILDREN.

THIS PRODUCT IS NOT INTENDED FOR CHILDREN, PREGNANT OR BREASTFEEDING WOMEN. PEOPLE WITH KNOWN MEDICAL PROBLEMS SHOULD CONSULT THEIR PHYSICIANS PRIOR TO USING THIS PRODUCT, AS THEY SHOULD WITH ALL DIETARY SUPPLEMENTS.



# HYDRA+

ENERGY AND ELECTROLYTE  
DRINK MIX FOR SPORT\*



Net Wt 12oz/345g

### Nutrition Facts

About 30 Servings Per Container

Serving Size 1 Scoop (11g)

Amount Per Serving	
<b>Calories</b>	<b>35</b>
	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 130 mg	6%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 7g Added Sugars	14%
<b>Protein</b> 0g	0%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 150mg	3%
Magnesium 10mg	2%
Chloride 30mg	1%

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Ingredients: Mango Juice Powder, Organic Cane Sugar, Coconut Water Powder, Passionfruit Juice Powder, Malic Acid, Citric Acid, Natural Flavor, Sodium Bicarbonate, Rice Hull Concentrate, Potassium Citrate, Potassium Bicarbonate, Sodium Citrate, Calcium Citrate, Magnesium Citrate, Silica, Purified Sea Salt.

**Suggested use:** to benefit from taking hydra+ mix 1 scoop (11g) with 8-16oz of water depending on your taste requirements. Hydra+ should be consumed during and/or after training.

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