

HYDRO



HYDRATION / ENERGY / RECOVERY LEMON-LIME

Recommended Dosage

1 SCOOP (6G) + 500ML WATER

Hydro-X can be taken **before, during or after exercise**

BEFORE EXERCISE

Take 1 scoop 60 minutes before workout with water

DURING EXERCISE

Take 1-2 scoops during workout with water

POST WORKOUT

Take 1 scoop after workout with water

Can be **used at any time to aid energy, hydration and electrolyte replacement.**

Can be **combined with all Xendurance products.**

How should I take it?

Mix with water

Hydro-X is designed to mix easily with water, so have it in your usual water bottle.

Adjust dosage as required depending on how much sweat you will lose

For a particularly hot or long session, we recommend having additional Hydro-X in your water bottle to help replenish electrolytes lost due to sweat. Similarly if you are a particular heavy sweater, consider doubling the dosage to compensate for the additional electrolyte loss.

Combine with other products as needed

Hydro-X can be combined with all Xendurance products, and can be used alongside Fuel-5 or Fuel-5+ during workouts to provide a full carbohydrate and electrolyte drink.

What else should I take?

Endurance athletes

We recommend taking Hydro-X alongside other products to help fuel your training sessions, and containing lactate such as Fuel-5 or Fuel-5+ or Xendurance tablets.

CrossFit / Gym athletes

We recommend taking Hydro-X alongside other products to help fuel your training sessions, such as Fuel-5 or Fuel-5+ as well as Creatine-JB and Xendurance tablets.

Vegan friendly / Non-GMO / Gluten free /
Preservative Free

Contains no added sugar, salt, wheat, yeast or dairy products artificial preservatives, colours or flavours.

TEAM XND