

# HYDRO-X



## HYDRATION / ENERGY / RECOVERY LEMON-CITRUS

### 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**

