WHAT WE DO

Everyone loses a different amount of sodium in their sweat.

- So, a one-size-fits-all approach doesn’t work for hydration.

- We Sweat Test athletes at rest, providing you with personalized hydration plans and multi-strength electrolyte supplements that match your athletes.

- We work with a long list of organizations in the NFL, NBA, MLB, NHL and beyond.
TRUST THE PROCESS

Our Sweat Test gives accurate, immediate feedback on how much sodium each athlete loses in their sweat.

Sweat Test = non-invasive and done at rest

- This is largely genetically determined and varies massively from athlete to athlete.

- Sweat Test results + sweat rate + training/game volume + cramping history = Personalized Hydration Plan.
- Anonymous data from ~700 pro athletes from NFL, NBA, MLB, etc was analysed by performance nutritionist Dr Mayur Ranchordas and sports scientist Ben Drury.

**Main findings**
- The average sweat sodium concentration of the male pro athletes in our sample was ~950 mg/l.
- The range of sweat sodium concentrations was ~350 mg/l to ~1,900 mg/l, demonstrating the need for personalized hydration strategies.

**Full paper**
https://jissn.biomedcentral.com/articles/10.1186/s12970-017-0197-4
EASY IMPLEMENTATION

- **No need to disrupt practice!** Unlike patch testing, our medically-derived tech captures clean, accurate sweat samples at rest.

- **Sweat Tests can be done almost anywhere,** with limited space and no special facilities required.

- **~75 athletes tested in just a day,** with up to 4 tests every 20 minutes.

- **Immediate, accurate results.**

- **Easy to implement** using PH’s multi-strength electrolyte supplements.
BENEFITS FOR THE TEAM

- **Risk assessment**
  ‘Red flag’ athletes with high net sodium losses and take pre-emptive measures.

- **Performance maintenance**
  Optimizing fluid/electrolyte intake maintains blood plasma volume, preventing a drop-off in performance.

- **Performance enhancement**
  Drinking a strong electrolyte drink before a game has been shown to improve performance.

- **Avoiding cramp**
  Maintaining a fluid/electrolyte balance can reduce muscle cramps experienced during and after exercise.

- **Hydration education and self management**
  Athletes become more aware of their hydration needs. This leaves them better equipped to manage their own hydration practices when they’re away from the controlled team environment.
ELECTROLYTE SUPPLEMENTS THAT MATCH HOW YOUR ATHLETES' SWEAT

Typical sports drinks

PH250  PH500  PH1000  PH1500

VERY LOW  LOW  MEDIUM  HIGH  VERY HIGH
MULTIPLE FORMATS TO SUIT YOUR NEEDS

All-natural drink mixes
- Single-serving packets.
- Small amount of carbs to aid absorption and provide some energy.

Zero-cal effervescent tablets
- Comes in weight/space efficient multi-serving tubes.
- No calories if you want to decouple hydration from fuelling.

Blister-packed, swallowable SweatSalt capsules
- 250mg flavourless capsules.
- Formulated to be easy on the stomach.
ORGANIZATIONS WE’VE WORKED WITH
WORKING WITH PRECISION HYDRATION

Hydration-as-a-Service

- PH visits your facility and conducts the Sweat Tests.
- Up to 4 athletes can be tested every 20 minutes, ~75 athletes tested in just a day
- Sweat Test data is reported back to support staff, with the personalized hydration strategy for each athlete.

Hardware purchase

- Sweat Testing hardware can be purchased by your organization.
- Full training (Sweat Testing and result implementation) is included in the price.

To discuss how we can help you personalize your athletes’ hydration strategies, email Andy at ab@precisionhydration.com today.
PH1500

Designed to help you start hydrated

- Up to 3.5x more sodium than typical sports drinks.

- Usually used **before a game** to start hydrated (and during a game by saltier/heavier sweaters).

- All-natural drink mix packets with a mild citrus flavouring. Hypotonic 3% carb solution (half that of traditional isotonic drinks), formulated to absorb fast whilst being easy on the stomach.

Strength rating: ⭐⭐⭐⭐⭐
H2Pro1500

Designed to help you start hydrated

- Up to 3.5x more sodium than typical sports drinks.

- Used **before a game** to start hydrated (and during a game by saltier/heavier sweaters).

- Zero-calorie effervescent tablets with a mild citrus flavouring. Hypotonic solution, formulated to absorb fast whilst being easy on the stomach.

**Batch-tested for a wide range of prohibited substances on the World Anti-Doping Agency (WADA) list.**

**Strength rating: ⮞ ⮞ ⮞ ⮞**
PH1000

Designed to help you stay hydrated when you’re sweating

- Up to 2x more sodium than typical sports drinks.
- Used during games by athletes with moderate sweat sodium losses.
- Used when playing in hotter/humid conditions by athletes with lower losses.
- All-natural drink mix packets with a mild citrus flavouring. Hypotonic 3% carb solution (half that of traditional isotonic drinks), formulated to absorb fast whilst being easy on the stomach.

Strength rating: 🟢🟠🟠⬜
H2Pro1000

Designed to help you stay hydrated when you’re sweating

- Up to 2x more sodium than typical sports drinks.

- Used during games by athletes with moderate sweat sodium losses.

- Used when playing in hotter/humid conditions by athletes with lower losses.

- Zero-calorie effervescent tablets with a mild citrus flavouring. Hypotonic solution, formulated to absorb fast whilst being easy on the stomach.

Batch-tested for a wide range of prohibited substances on the World Anti-Doping Agency (WADA) list.

Strength rating: ★★★★☆
PH500

Designed to help you stay hydrated when you’re sweating

- Used in training by athletes with moderate sweat sodium losses.

- Used during games by athletes with lower losses.

- All-natural drink mix packets with a mild citrus flavouring. Hypotonic 3% carb solution (half that of traditional isotonic drinks), formulated to absorb fast whilst being easy on the stomach.

Strength rating: ★★★☆☆
H2Pro 500

Designed to help you stay hydrated when you’re sweating

- Used in **training** by athletes with moderate sweat sodium losses.

- Used **during games** by athletes with lower losses.

- Zero-calorie effervescent tablets with a mild citrus flavouring. Hypotonic solution, formulated to absorb fast whilst being easy on the stomach PH 250.

Batch-tested for a wide range of prohibited substances on the World Anti-Doping Agency (WADA) list.

**Strength rating:** 🟢🟢🟢🟢
PH250

Designed to help you stay hydrated day-to-day

- Used as a day-to-day hydration solution by athletes with tough schedules and for those who just don’t like the taste of plain water.

- Also great for fighting dehydration when travelling or sick.

- All-natural drink mix packets with a mild citrus flavouring. Hypotonic 3% carb solution (half that of traditional isotonic drinks), formulated to absorb fast whilst being easy on the stomach.

Strength rating: 🟢🟦⬜⬜
H2Pro250

Designed to help you stay hydrated day-to-day

- Used as a day-to-day hydration solution by athletes with tough schedules and for those who just don’t like the taste of plain water.

- Also great for fighting dehydration when travelling or sick.

- Zero-calorie effervescent tablets with a mild citrus flavouring. Hypotonic solution, formulated to absorb fast whilst being easy on the stomach.

Batch-tested for a wide range of prohibited substances on the World Anti-Doping Agency (WADA) list.

Strength rating: ★★★★★
Formulated to help you stay hydrated on the move

- Swallowable capsules in blister-packs.
- Used by athletes who prefer plain water to even mildly flavoured drinks.
- Designed to aid fluid absorption, whilst being easy on the stomach.

Batch-tested for a wide range of prohibited substances on the World Anti-Doping Agency (WADA) list.
**Pricing**

- **Drink mixes:** £9.99 $13.99
- **Zero-calorie:** £8.99 $12.99
- **SweatSalts:** £6.99 $9.99

**Minimum Order Quantity**
- **Drink mixes:** 10 boxes
- **Zero-calorie:** 12 tubes
- **SweatSalts:** 10 boxes

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