



**TB**

# HYDRATION

GUIDE

HYDRATION:

# FUEL FOR PERFORMANCE

Staying hydrated is one of the simplest things you can do to keep yourself healthy and accelerate muscle recovery, but most people are still chronically dehydrated! If you want to maximize your ability to perform and recover, you need to make hydration a habit and fully commit to it.

We recommend starting by drinking half of your body weight in fluid ounces of water every day. We refer to this as establishing a “hydration baseline.” Every day, your goal should be to reach your hydration baseline at minimum. So, if you weigh 130 pounds you would drink 65 fluid ounces of water, if you weigh 180 pounds you would drink 90 fluid ounces of water, and so on. This hydration baseline is an excellent place to start, but if you’re active throughout the day and lose a lot of fluids through sweat and exercise, you’ll need to consume even more water in order to maintain adequate hydration.

It’s important to remember that just consuming water may not be adequate to fully replenish and refuel your body. Essential electrolytes like sodium, chloride, and potassium exit the body during exercise in the form of sweat. This loss of electrolytes creates a chemical imbalance in the body over time, so it’s essential to replenish them as quickly as possible. Electrolytes



**IT'S IMPORTANT TO REMEMBER THAT JUST CONSUMING WATER MAY NOT BE ADEQUATE TO FULLY REPLENISH AND REFUEL YOUR BODY.**

amplify hydration by helping you absorb the water you drink while replenishing the minerals your body needs, especially when you’re working out or being active. While there are many things you can do to promote pre- and post-workout recovery, proper hydration with electrolytes can have a significant impact on your recovery. The TB12 Hydration Guide can help you make healthy hydration a habit starting today. Hydrate smarter, perform better, and don’t let missing minerals keep you from performing your best.

HYDRATION:

# WORKOUT TIMELINE

# 02

**16 OZ +  
ELECTROLYTES**



**PRE-WORKOUT**

**6-8 OZ +  
ELECTROLYTES**



**BEFORE**

**8-10 OZ +  
ELECTROLYTES**



**MID-WORKOUT**

**20-24 OZ +  
PROTEIN POWDER**



**POST-WORKOUT**

## **PRE-WORKOUT (1 HOUR BEFORE EXERCISE):**

Drink a 16 fluid ounce bottle of electrolyte-enriched water. This will ensure your body is adequately hydrated and that you begin your workout with sufficient electrolyte levels in your body.

## **IMMEDIATELY BEFORE WORKOUT (10 MINUTES BEFORE):**

Drink 6 to 8 fluid ounces of electrolyte-enriched water about 10 minutes before each workout, practice, or game. This extra splash of hydration will help sustain your body until you are able to take your first mid-workout water break.

## **MID-WORKOUT:**

Your ability to drink water mid-workout will depend on your activity, but we recommend drinking 8 to 10 fluid ounces of electrolyte-enriched water at 15 minute intervals during exercise. Thirst isn't always an accurate indicator of dehydration, so drink water consistently during exercise regardless.

## **POST-WORKOUT:**

Mix a serving of protein powder with 8 ounces of water within 20 minutes of the end of your workout. This will help accelerate your recovery and enhance your hydration. Fully replenish your body by drinking 20-24 ounces of electrolyte-enriched water every hour for the 2 to 3 hours following vigorous exercise.

HYDRATION:

# WHY ELECTROLYTES?

# 02

To move any of the 650+ skeletal muscles in your body, an electrical impulse has to travel from your brain to that muscle. It travels along nerves called axons, and when your muscles get the message, they respond by contracting – helping your body move.

For this electrical message to travel through your body, it needs a conductor. For this purpose, our body contains electrolytes.

Broadly speaking, an electrolyte is a substance that

**OUR TB12™ ELECTROLYTES CONTAIN 72 TRACE MINERALS AND ARE NATURALLY SOURCED FROM AN INLAND SEA.**

creates an electrically conducting solution when dissolved in water. The most important electrolyte for the human body is salt — also known as NaCl or sodium chloride — but the body also uses potassium, calcium, and magnesium to regulate its recovery process.

Although our bodies naturally produce electrolytes, it's easy to deplete this resource. We lose electrolytes by sweating and exhaling, which is why the body loses more electrolytes during exercise than when at rest throughout the day.

Consuming water that contains electrolytes helps to reduce this deficit by supporting the nerve-to-muscle communication of your 650+ skeletal muscles.

Not only do electrolytes naturally occur in our bodies, but they also occur in nature. The healthiest and purest electrolyte mixtures are derived from natural sources and are kept free of potentially harmful additives and unnecessary sugar. Our TB12™ Electrolytes contain 72 trace minerals and are naturally sourced from an inland sea, so you get everything your body needs for optimal hydration and maximum performance without any sugars or additives.





HYDRATION:

# DO'S AND DON'TS:

# 03

## DO'S:

### **ESTABLISH A BASELINE**

The best way to hydrate is to build a routine. Start with a goal to hydrate for 14 consecutive days. You have to stay disciplined with your routine and commit to routinely hydrating throughout the day. Reaching a baseline of hydration takes a minimum of 14 days of consistent, complete hydration.

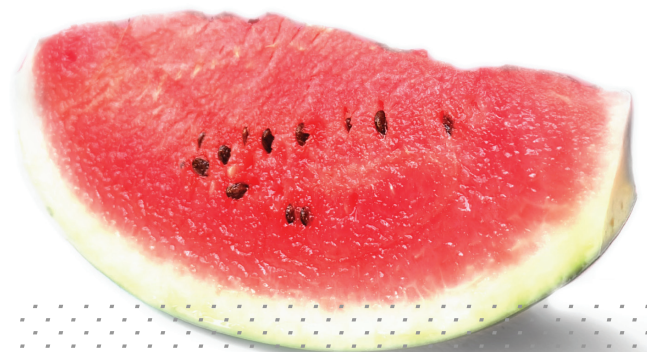


### **REUSABLE WATER BOTTLE**

If you want to make hydration more convenient and environmentally friendly, invest in a reusable steel water bottle. It's a great way to measure consumption as you try to reach your daily hydration goal, and is a constant reminder to drink water throughout the day. You'll benefit both the environment and your wallet by not using disposable bottles every day.

### **HYDRATING FOODS**

In addition to the water you drink throughout the day, the foods you eat can also contribute to your fluid intake. Leafy greens and veggies like cucumber (which is 96% water), butternut squash, celery, green peppers, and cauliflower are all excellent examples of healthy, hydrating foods that we recommend adding to your diet.



# DON'TS:

## **DEHYDRATING DRINKS**

Cut down on dehydrating drinks. Alcohol and caffeinated drinks like coffee and soda naturally dry you out through what is known as a diuretic effect. It can be hard to transition away from drinking a sweet soda beverage when the alternative is flavorless, so consider adding a splash of flavor to your water with TB12 Flavored Electrolytes.

## **SPORTS DRINKS**

Electrolytes are essential, but they don't have to come from sports drinks. A 16-ounce bottle of sports drink can have upwards of 30 grams of sugar and 200 calories. This unnecessary sugar and caloric content will only slow you down in the long run.

## **OVERHYDRATION**

In addition to the water you drink throughout the day, the foods you eat can also contribute to your fluid intake. Leafy greens and veggies like cucumber (which is 96% water), butternut squash, celery, green peppers, and cauliflower are all excellent examples of healthy, hydrating foods that we recommend adding to your diet.





**“IF YOU’RE GOING TO  
BREAK YOUR BODY  
DOWN, YOU BETTER  
FIND A WAY TO BUILD  
IT BACK UP”**

— TOM BRADY

