

Hydration Essentials



Electrolytes + Ribose Drink Mix*

Hydration Essentials is a complete and balanced electrolyte formula to help promote optimal hydration and health. It contains potassium, sodium, chloride and magnesium, the main electrolytes found in the body. This product has a delicious natural lemon-orange flavor, is sugar-free, and gets its sweetness from small amounts of the natural herb, stevia.

Electrolytes play a critical role in the body. They carry electrical charges that are required for cells to communicate with each other, and for the biochemical generation of energy. They are also crucial for helping to regulate fluid balance – keeping the proper amount of water inside cells and in their surrounding environments. Favorable electrolyte balance is essential for energy levels and the health of cells

Heart Health

Potassium plays a critical role in regulating the electrical system of the heart, which is responsible for maintaining a healthy heartbeat. Potassium partners with sodium to maintain a normal electrolyte balance. For proper heart health, it is important to preserve this delicate balance so that potassium levels do not drop too low or rise too high. Hydration Essentials contains vitamin C, quercetin and bioflavonoids (found naturally in citrus fruits) as additional heart-healthy nutrients. These ingredients are potent antioxidants, and vitamin C is required for synthesizing collagen, the primary protein blood vessels are made from.

Stress

Busy lifestyles, poor diets, toxic environments, and lack of exercise can contribute to stress. In turn, stress significantly impacts a delicate set of glands, known as the adrenal glands, which are responsible for maintaining healthy electrolyte balance, particularly by regulating levels of sodium and potassium. Stress can make the adrenal glands unable to keep up with these demands, resulting in mineral imbalances which can compromise cellular energy generation.

Recommended Use

- As a dietary supplement, mix 8 grams (approx. two teaspoons) in 10-12 ounces of water per day, or as directed by a health care practitioner.
- Mix into any beverage, sports bottle, or mix with water and place in ice racks to make into popsicles.



Hydration Essentials may benefit...

- Supporting a healthy cardiovascular system
- Supporting normal blood pressure and healthy balance of tissue fluid
- Helping with occasional symptoms of dehydration after excessive diarrhea, vomiting, or sweating
- Helping athletes replenish electrolytes lost during intense exercise
- Supporting individuals facing occasional stress

What Influences Fluid Loss?

- **Occasional Illness:** Electrolytes are easily depleted when the body loses excessive fluids through occasional vomiting or diarrhea. Children and elderly individuals are especially prone to losing significant electrolytes during illnesses and therefore, repletion is necessary to maintain balance.
- **Athletics:** Athletes and individuals who sweat significantly during exercise lose important minerals. In some cases, food sources alone may not provide enough electrolytes to counter the loss, particularly if they are primarily whole, unprocessed foods, which are naturally low in sodium. Supplementing with Hydration Essentials may help ensure these individuals maintain healthy hydration and facilitate energy generation for their next workout as well as for recovery

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.