

BALANCED HYDRATION POWDER

lemon lime

- ▲ NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
- ▲ STAY HYDRATED THROUGHOUT THE DAY
- ▲ PROMOTES HYDRATION BEFORE EXERCISE



CERTIFIED
FOR SPORT®

DIETARY SUPPLEMENT • Net Wt. 12.86 oz. (364.5 g)



TRUE ATHLETE®

TRUE ATHLETE® NATURALLY DRIVEN®

Adequate hydration means more than just drinking water or consuming electrolytes, it requires a balance of both. Many athletes wait until during the workout to consume an electrolyte drink mix, but when dehydration occurs you will suffer a decline in performance that an electrolyte drink can't return to you. At this point you are simply replacing your fluids to improve your ability to continue. Staying hydrated during the day ensures you perform at your best long before the workout and it also supports daily energy. So whether you're an athlete or you simply need to stay hydrated throughout the day without the excess sugar and sodium, True Athlete Balanced Hydration is for you.

- ▲ **BALANCE** – YOUR RECOMMENDED DAILY INTAKE OF POTASSIUM IS 2X THAT OF SODIUM. AS A RESULT, IT MAY BE MORE BENEFICIAL TO CONSUME AN ELECTROLYTE DRINK MIX LIKE BALANCED HYDRATION THAT IS HIGHER IN POTASSIUM TO SUPPORT HYDRATION THROUGHOUT THE DAY
- ▲ **MUSCLE FUNCTION** – ATHLETES CAN SUPPORT MUSCLE FUNCTION AND REDUCE CRAMPING WITH A BALANCE OF CALCIUM, MAGNESIUM AND POTASSIUM
- ▲ **ABSORPTION** – BALANCED HYDRATION SUPPLIES FORMS OF ELECTROLYTES LIKE POTASSIUM ASPARTATE AND CALCIUM LACTATE WITH HIGH RATES OF ABSORPTION

Products that are designated "NSF Certified for Sport®" are rigorously tested to help ensure that they contain no banned substances, unlisted ingredients or harmful impurities.

Supplement Facts

Serving Size 1 Scoop (4 g)
Servings Per Container 90

	Amount Per Serving	% Daily Value
Calories	10	*
Total Carbohydrate	1 g	0%†
Vitamin C (as ascorbic acid)	100 mg	110%
Calcium (as calcium lactate)	60 mg	4%
Magnesium (as magnesium citrate)	70 mg	15%
Zinc (as zinc gluconate)	3 mg	25%
Selenium (as selenium glycinate)	1 mcg	2%
Manganese	0.5 mg	20%
Chromium	5 mcg	15%
Chloride (from sodium chloride)	135 mg	6%
Sodium	90 mg	4%
Potassium (as potassium aspartate)	250 mg	6%

† Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

* Daily Value not established.

Other ingredients: Citric acid, natural flavor, stevia leaf extract, silica, beta carotene (for color).

Does not contain: Preservatives, Artificial Colors, Flavors or Sweeteners.

DIRECTIONS: Mix one (1) scoop (4 g) in 16 oz. of water.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

▲ 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.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

www.true-athlete.com

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