



## THE IDLIFE DIFFERENCE

All consumable IDLife products are made with the highest quality ingredients available, without any unnecessary fillers or additives. We take pride in what we use to formulate our products because we know you take pride in what you put into your body.

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or visit [IDLife.com](http://IDLife.com)

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## ELECTROLYTE REPLENISHER

IDLife Hydrate is a superior sports powder mix packed with vitamins, electrolytes and coconut water to fuel your body and help keep you hydrated throughout the day.<sup>†</sup>

**Directions:** Mix contents of one scoop into 8-12 ounces of water. Shake well and enjoy!

Avoid exposure to excessive heat, light & moisture.

<sup>†</sup>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.

# IDLife

# HYDRATE

## Electrolyte Replenisher

**FRUIT PUNCH**  
FLAVOR  
From Natural Ingredients  
Dietary Supplement



Net Wt 7.83 oz (222 g)

0g SUGAR  
10 CALORIES  
400 MG ELECTROLYTES

Supplement Facts		Supplement Facts		
Serving size: 1 Scoop (3.7 g)		Serving size: 1 Scoop (3.7 g)		
Servings Per Container: 60		Servings Per Container: 60		
	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Calories	10		Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	60 mcg 171%
Total Carbohydrate	2 g	1%*	Sodium (as Sodium Chloride)	100 mg 4%
Vitamin C (as Ascorbic Acid)	100 mg	111%	Potassium (as Potassium Citrate)	100 mg 2%
Thiamin (as Thiamin Hydrochloride)	1 mg	83%	Coconut Water Powder	150 mg **
Riboflavin (as Riboflavin)	1 mg	77%	Taurine	100 mg **
Calcium (as Calcium Citrate)	100 mg	8%		
Magnesium (as Magnesium Oxide)	100 mg	24%		

Other Ingredients: Citric Acid, Natural Flavor, Maltodextrin, Malic Acid, Stevia Leaf Extract, Silicon Dioxide. Contains Tree Nuts (from Coconut Water Powder).  
Manufactured In a Facility That Processes Egg, Wheat, Milk, Soy, Tree Nuts, Peanut, Fish & Shellfish Products.