



higher nature®

HYDRATE

NATURAL LEMON FLAVOURED ELECTROLYTE RE-HYDRATION DRINK

ULTIMATE NUTRITION
FOOD SUPPLEMENT

14 x 15g
sachets

HYDRATE

- ✓ Provides essential electrolytes lost through perspiration
- ✓ Correct hydration during exercise is key to sporting success and just a 2% fluid loss will diminish performance

PRODUCT INFORMATION:

Typical values:	Per 100g	Per 15g serving	%NRV* /sachet
Potassium	2000mg	300mg	15
Sodium	1000mg	150mg	
Magnesium	1250mg	188mg	51
Calcium	1333mg	200mg	25
Energy	1369kJ	205kJ	
Energy	327kcal	49kcal	

*NRV = Nutrient Reference Value

DIRECTIONS:

Add 1 sachet (15gm) to 300ml of water, can be used during or after exercise, or as your health professional advises. Do not exceed the recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

INGREDIENTS:

Carrier: dextrose; stabiliser: citric acid, potassium bicarbonate, sodium bicarbonate, calcium carbonate, magnesium oxide, stabiliser: malic acid; flavouring: natural lemon flavour (emulsifier: acacia; humectant: glyceryl triacetate; antioxidant: dl-alpha tocopherol); anti-caking agent: silicon dioxide; sweetener: steviol glycosides; colour: beta-carotene (carrier: potato maltodextrin; emulsifier: acacia; anti-caking agent: silicon dioxide; antioxidants: dl-alpha tocopherol, ascorbyl palmitate).

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, wheat, yeast.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.
For best before end: see base.

Suitable for vegetarians and vegans.
This product is not tested on animals.