

SUPPLEMENT FACTS

Serving Size: 1 level scoop (11.5 g)
Servings Per Container: 40

AMOUNT PER SERVING		% DV
Calories	40	
Total Carbohydrate	10 g	4%†
Total Sugars	9 g	**
Includes 9 g Added Sugars		18%†
Calcium (as calcium citrate)	10 mg	<1%
Magnesium (as magnesium citrate)	40 mg	10%
Sodium (as sodium citrate)	230 mg	10%
Potassium (as potassium citrate)	80 mg	2%
Quercetin	100 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

OTHER INGREDIENTS: Organic cane sugar, Dextrose, Citric acid, Silica, Natural mandarin orange flavor (with other natural flavors), Stevia leaf extract.

ALLERGEN STATEMENT: This product is manufactured in a plant that also processes milk, soy, egg, fish, crustacean shellfish, tree nut, peanut, and wheat ingredients.

DISTRIBUTED BY: Beachbody, LLC,
Santa Monica, CA 90404 • 1 (800) 818-5174

DIRECTIONS: Gently shake container to loosen compressed powder. Mix 1 level scoop with 8 oz water until dissolved and consume during exercise over a 30-minute period. Take 1 additional serving for each additional 30 minutes of continuous exercise.

RECOMMENDED USE:

Duration	For every 30 mins
Hydrate amount	1 scoop
Water	8 oz

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

STORE IN A COOL, DRY PLACE.

***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.**



HYDRATE

DURING
WORKOUT



CITRUS Flavored

FORMULATED WITH KEY INGREDIENTS
SCIENTIFICALLY SHOWN TO:*

- » Support hydration during exercise
- » Replace electrolytes lost during exercise
- » Fuel working muscles and improve endurance

BEACHBODY PERFORMANCE® SUPPLEMENTS

Designed by leading authorities in cutting-edge exercise physiology and performance nutrition research, Beachbody Performance uses scientifically backed *ergogenic* ingredients and phytonutrients to help maximize exercise performance and recovery with no synthetic colors, and no artificial flavors, sweeteners or preservatives.*

During exercise body temperature rises, and if you are not adequately hydrated it can result in a drop in power and performance. Water alone during exercise isn't the most effective way to hydrate, and typical sports drinks are filled with sugar and artificial ingredients that can actually dehydrate you and cause gastrointestinal discomfort. For effective hydration during exercise, the body requires an optimal balance of sugar, electrolytes, and water. This balance is known as the fluid's *osmolality*. Hydrate combines an optimal osmolality and specific electrolyte levels to help maximize fluid absorption and replace electrolytes lost during exercise. When used as directed, Hydrate has been specifically formulated to help match sweat losses and is completely customizable to training duration. Keep yourself hydrated to improve exercise effectiveness, recovery, and general well-being.*

© 2019 Beachbody, LLC. All rights reserved. Beachbody Performance, Beachbody, and Team Beachbody are trademarks of Beachbody, LLC. Have questions? Contact your Coach for support or go to BeachbodySupport.com for more information.

DIETARY SUPPLEMENT

NET WT 1.01 LB (460 g)

PATENT PENDING

BBPLBL1008US01



SUBB31106US01