

Take the Pure Advantage™

When you exercise, electrolytes are lost as you sweat, predominantly sodium and potassium. These electrolytes must be replenished to keep electrolyte concentrations in your body constant. Hydr8 contains a balanced ratio of simple and complex carbohydrates, essential vitamins, amino acids and electrolytes to help drive cellular level hydration. This precise combination will help stimulate and promote the uptake of fluids and nutrients to be drawn "inside" the cells, resulting in true cellular level hydration. An increase in cellular hydration will trigger an anabolic state that helps with recovery, rebuilding, protein synthesis and growth hormone release. This delicious and all natural effervescent drink mix is gluten free, vegetarian friendly and is ideal to use before, during and after training events.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Exclusively Manufactured for:
Pure Advantage • 1610 W. Whispering Wind Dr.
Phoenix, AZ 85085 • 1-800-758-0707
www.pure-advantage.net



Please Recycle



PURE
ADVANTAGE™

Hydr8

100% Natural - No Artificial Colors or Flavors

**Stimulant Free Energy and Hydration
Formula with Essential Vitamins,
Amino Acids and Electrolytes**



A Dietary Supplement
1.3 lb (609g)

Grape

Suggested Use: As a dietary supplement, take one scoop daily. Mix one scoop with 12 oz. of water and stir.

Supplement Facts

Serving Size: 1 scoop (20.3 g)

Servings Per Container: 30

Amount Per Serving	1.3 lb
Calories	64
Sodium (as Bicarbonate)	55 mg 2%
Potassium (as Bicarbonate and Phosphate)	300 mg 8%
Total Carbohydrate	16 g 4%
Sugars	8 g
Vitamin C (as Calcium Ascorbate)	300 mg 600%
Thiamine (Vitamin B1)	1.5 mg 100%
Niacinamide	20 mg 100%
Vitamin B12 (as Methylcobalamin)	8 mcg 100%
Calcium (as Calcium Ascorbate & Bisglycinate)	95 mg 10%
Phosphorus (as Potassium Phosphate)	40 mg 4%
Magnesium (as Magnesium Aspartate)	74 mg 10%
Proprietary Blend	550 mg †
L-Glutamine, L-Tyrosine, L-Arginine, Taurine, L-Glycine, Alpha Ketoglutaric Acid & Malic Acid	

† Daily Value not established

Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Other Ingredients: Maltodextrin, Fructose, Citric Acid, Natural Grape Flavor & Stevia.

KEEP OUT OF REACH OF CHILDREN

STORE IN A COOL, DRY PLACE

SERVING SCOOP INCLUDED, BUT MAY
SETTLE TO BOTTOM DURING SHIPPING