suggested USE: Take two (2) capsules daily, preferably with 8-12 fl oz of water, or as directed by your healthcare practitioner.

dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

* 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.







100% Satisfaction Guaranteed

beneficial®

HYDRATE

O Supports Electrolyte Balance*

O Natural Himalayan Salt

O Plant Based Vitamins

180 VEGGIE CAPS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 90

Amount Per Serving		% DV
Vitamin C (from Organic Acerola Cherry)	100 mg	111%
Vitamin D3 (from Organic Lichen; 250 IU)	6 mcg	30%
Calcium (as Aquamin®; plant-based	50 mg	4%
from Algae)		
Magnesium (from Citrate)	50 mg	12%
Sodium (from Himalayan Salt)	150 mg	7%
Potassium (From Chloride)	100 mg	2%
	1	
MCT Oil (Medium-Chain Triglycerides;	150 mg	**
from Organic Coconut Oil)		_
** Daily Value not established		

Other Ingredients: Methylcellulose Capsule.

Contains: Tree Nut (Coconut)



Purely Beneficial, Inc. 836 57th Street, Ste 413 Sacramento CA 95819

Aquamin® is a registered trademark of Marigot Limited.

Does NOT Contain: Fillers, Artificial Ingredients, GMO, Preservatives, Soy, Gluten, Dairy, Gelatin, Flavoring, Coloring.