

PODIUM HYDRO + SALT IS FORMULATED WITH HIGH QUALITY INGREDIENTS TO KEEP YOU HYDRATED AND MOVING DURING EVERY WORKOUT—DAY OR NIGHT.*

Suggested use: Mix one (1) level scoop with 6-8 ounces of water. **Shake well and enjoy!**



HYDRATION



ELECTROLYTES



ANYTIME OF DAY

COMBINE WITH ANY PODIUM PRODUCT TO HELP MAXIMIZE PERFORMANCE AND RECOVERY.*

WARNING: This product is intended for use by only healthy adults ages 18 or older. Pregnant or nursing women, individuals with known or suspected medical conditions, and those taking medications should not use this product. Consult a health care provider prior to using this or any dietary supplement. Discontinue use and seek immediate medical attention if you experience any adverse reaction to taking this product. Keep out of reach of children. Do not use if safety seal is damaged or missing. Store in a cool, dry place. **USE ONLY AS DIRECTED.**

CA PROP 65 WARNING: This product may expose you to chemicals including lead known to the state of California to cause cancer, birth defects, or other reproductive harm. Visit www.p65warnings.ca.gov for more information.



Proudly manufactured in the United States in a GMP compliant facility with ingredients of domestic and international origin.



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30 SERVINGS
NATURALLY &
ARTIFICIALLY
FLAVORED
NO SUGAR
ADDED

**HYDRO
+ SALT** BCAA

DIETARY SUPPLEMENT
**SOUR
WATERMELON**
NET WT. 342 G (12.06 OZ)

PODIUM®

SUPPLEMENT FACTS

Serving Size: 1 Scoop (11.4 g)
Servings Per Container: 30

	Amount Per Serving	%DV*
Vitamin C (as Ascorbic Acid)	250 mg	278%
Podium Hydro + Salt		
Sodium (as Himalayan Pink Salt, Sodium Chloride and Sodium Phosphate)	300 mg	12%
Coconut (<i>Cocos nucifera</i>) [Water] Powder	250 mg	†
Magnesium (as Magnesium Citrate and Aquamin® Magnesium Complex)	125 mg	30%
Potassium (as Potassium Phosphate)	100 mg	2%
AstraGin® (<i>Panax notoginseng</i>) [Root] Extract and (<i>Astragalus membranaceus</i>) [Root] Extracts	50 mg	†
Podium BCAA		
Instantized BCAA 2:1:1 (Vegan Fermented)	6,000 mg	†
L-Leucine	3,000 mg	†
L-Isoleucine	1,500 mg	†
L-Valine	1,500 mg	†

*Percent Daily Values are based on a 2000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural & Artificial Flavors, Tartaric Acid, Malic Acid, Silica, Sucralose, Acesulfame Potassium, Fruit and Vegetable Juice Color.
ALLERGEN WARNING: Contains **Tree Nuts (Coconut)**.
Processed in a facility and/or manufacturing line that also processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanuts.

*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.

GLUTEN FREE SOY FREE DAIRY FREE



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