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Suggested Usage: Add one packet to 16 oz of water.

Supplement Facts Serving Size 1 Packet (8.5 guarns) Servings Per Container - 15		
Amount Per Serving	% Daily	Value*
Calories	15	
Calories from Fat	0	
Total Fat	09	0%
Cholesterol	Omg	0%
Total Carbohydrate	4g	1%
Dietary Fiber	0g	0%
Sugar	3g	1
Chloride (from Sodium Chloride)	360mg	11%
Sedium (from Sodium Chloride)	240mg	10%
Magnesium (from Magnesium Aspartate)	100mg	25%
Calcium (from Calcium Citrate)	100mg	10%
Potassium (from Potassium Citrate)	72mg	2%
Zinc (from Zinc Citrate)	15mg	100%
Selenium (from L-Selenomethionine)	70mcg	100%
Cell Hydrator™ (Betaine Anhydrous [from Red Beets], 5	1,045mg iarsaparilla, Slippery Elm, & Goldenseal)	, ,
ConcenTrace® Trace Mineral Complex	100mg	t
*Percent Daily Values are based on a 2 000.	raiorie diet	

Contains NO added peanut, tree nut, fish, shellfish, wheat, gluten or yeast ingredients.

Total body hydration is a major factor in overall health, performance and recovery. Drinking the commonly recommended 6-8 glasses of water a day may not ensure deep tissue hydration and will not replenish lost electrolytes. HFX Hydration Factor® was developed and scientifically formulated to effectively provide your body with overall hydration and replace lost electrolytes.***



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 HYDRATION & ELECTROLYTE FORMULA SUPPORTS CELLULAR HYDRATION**

US PATENT #6,207,163

DIETARY SUPPLEMENT

NET WT 4.52 OZ (128 G) 15 Packets

ELECTROLYTES

Supporting cellular hydration is the single greatest step anyone can take toward improving energy, wellness and endurance.** This requires not only drinking water, but ensuring the water you drink makes it into your cells. HFX uses a patented technology of natural ingredients proven to increase cellular hydration better than drinking water alone.**

Non-Training Day: 16 oz water with 1 packet HFX Training Day: 32 oz water with 2 packets HFX Competition Day: 48 oz water with 3 packets HFX



Best if used by: (See Bottom)