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

Amount Per Serving % Dai		y Value
Calories	15	
Calories from Fat	0	
Total Fat	0g	0%
Cholesterol	Omg	0%
Total Carbohydrate	4g	1%
Dietary Fiber	0g	0%
Sugar	3g	- 1
Chloride (from Sodium Chloride)	360mg	11%
Sodium (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)	70mca	100%

Other Ingredients: Trehalose, Natural Raspberry Flavor, Citric Acid, Silicon Dioxide, Stevia Leaf Extract, Red Beet Powder (color) and Monk Fruit Extract. Contains NO added peanut, tree nut, fish, shellfish, wheat, gluten or yeast ingredients.

factured in a facility that produces other products and may contain trace amounts of milk, egg or say.

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





ELECTROLYTES

drinking water alone.**



into your cells. **HFX** uses a patented technology of natural

ingredients proven to increase cellular hydration better than

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

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

HYDRATION DIETARY SUPPLEMENT NET WT 4.52 OZ (128 G) 15 Packets

Lot #: (See Bottom)