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

Amount Per Serving % Daily		Value
Calories	15	
Calories from Fat	0	
Total Fat	Og	.0%
Cholesterol	(Irrig	0%
Total Carbohydrate	4g	1%
Dietary Fiber	Og	0%
Sugar	3g	- +
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)	70mcg	100%
Cell Hydrator™ (Betaine Anhydrous [from Red Beets], S	i,045mg arsaponillo, Slippery Elm, & Goldenseal)	+
ConcenTrace® Trace Mineral Complex	100mg	1

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





NET WT 4.52 OZ (128 G) 15 Packets

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

into your cells. HFX uses a patented technology of natural

ingredients proven to increase cellular hydration better than

drinking water alone.**



toward improving energy, wellness and

endurance.** This requires not only drinking water, but ensuring the water you drink makes it

Supporting cellular

hydration is the single greatest step anyone can take

Lot #: (See Bottom) Best if used by: (See Bottom)

HYDRATION DIETARY SUPPLEMENT