

Suggested Use: As an adult dietary supplement, take one scoop daily. Mix one scoop in 10-12 oz of water and stir until powder dissolves. Consume on an empty stomach 30-60 minutes prior to training or athletic event. Always take on an empty stomach (i.e approximately 30 - 45 minutes before meals or 2 hours after a meal.)

*As a vasodilator, Hydro has the ability to increase your body's ability to deliver blood and nutrients to working muscles. Enhanced with a proprietary carbohydrate and electrolyte blend, Hydro encourages hydration and recovery. The anti-catabolic properties of Hydro can preserve muscle mass and may help with the following:

- **Increase muscle pumps**
- **Increase strength**
- **Increase recovery time**
- **Increase endurance**
- **Decrease muscle catabolism**
- **Prolong fatigue**

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Exclusively Manufactured for:
OX Nutrition • Phoenix, AZ 85085
1-800-798-0707 • www.houseofox.com



HYDRO

ALL NATURAL
**MUSCLE PUMPING
ENERGY DRINK**

A DIETARY SUPPLEMENT
1.2LBS (563G)

Supplement Facts

Serving Size: 1 Scoop (22.5g)
Servings Per Container: 25

	Amount Per Serving	% DV
Calories	64	
Sodium	55 mg	2%
Potassium (as Cabonate and Phosphate)	300 mg	9%
Total Carbohydrate	13 g	4%
Sugars	8 g	
Vitamin C (as Ascorbic Acid)	400 mg	667%
Vitamin B1 (Thiamine HCl)	1.5 mg	100%
Niacin (as Niacinamide)	30 mg	100%
Folic Acid USP	200 mcg	50%
Vitamin B12 (as Methylcobalamin)	6 mcg	100%
Calcium (as Calcium Ascorbate & Bisglycinate)	150 mg	15%
Phosphorus (as Phosphate)	40 mg	4%
Magnesium (as Magnesium Aspartate)	50 mg	13%
Proprietary NO Muscle Matrix Blend L-Arginine AKG, L-Arginine DL Malate, L-Citrulline L-Malate, L-Glutamine, L- Tyrosine, L-Glycine, Trimethylglycine, Caffiene USP & Evodiamine 98%.	4,000 mg	†

†Daily Values are not established

Other Ingredients: Fructose, Maltodextrin, Citric Acid, Natural Grape Flavor & Stevia.

WARNING: Not recommended for persons under 18 years of age. Do not use if you are pregnant or nursing or if you have a medical condition. Do not use if you are at risk or being treated for diabetes or low blood pressure. Limit the use of caffeine-containing medications, foods, or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally, rapid heart beat.

KEEP OUT OF REACH OF CHILDREN STORE IN A COOL, DRY PLACE.

