

WITH DIBASIC  
POTASSIUM  
PHOSPHATE

WITH  
TRIMAGNESIUM  
CITRATE



SPORT

**NAMEDSPORT**  
SUPERFOOD



BEFORE DURING AFTER  
FREE TIME

## HydraFit>

HydraFit> is an exclusive blend of mineral salts, maltodextrin and vitamins that has been specially created into a hypotonic electrolyte drink. (Osmolarity 190 mOsm/l). HydraFit> is the ideal solution for replacing the mineral salts lost by the body due to excessive sweating during intense exercise. Magnesium and potassium proper muscle functions and reduce the effects of fatigue.

- > Replaces lost mineral salts
- > Helps reduce fatigue and tiredness
- > Increases energy and muscular efficiency
- > Helps prevent cramps and muscular pain

WITH VITAMINS

WITH MINERALS

GLUTEN FREE

ASPARTAME FREE


ACESULFAME FREE

LACTOSE FREE



**Ingredients:** Dextrose, Maltodextrin 25%, Acidity regulator: citric acid; Trisodium citrate, Flavouring: red orange; Beet juice powder, Trimagnesium citrate 1.56%, Dibasic calcium phosphate, Sodium chloride, Dibasic potassium phosphate 1.08%, Anti-caking agent: silicon dioxide; Vitamin C (L-ascorbic acid), Sweetener: sucralose; Niacin (Nicotinamide); Pantothenic acid (Calcium D - pantothenate), Vitamin B6 (Pyridoxine hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine hydrochloride), Folic acid (Pteroyl- monoglutamic acid), Biotin, Vitamin B12 (Cyanocobalamin).

**Directions for use:** Dissolve 20 g of powder (equal to 2 tablespoons), in 500 ml of water. Best take from 50 to 100 ml at regular intervals of about 15-20 minutes. Take 3 portions per day, equal to 60 g.

**Format:** (400g x 20 )

Nutrition Information	per 100 g		per 60 g	
	kJ	%NRV*	kJ	%NRV*
<b>Energy</b>	1312	--	786	--
	<b>309 kcal</b>	--	<b>185 kcal</b>	--
<b>Fat</b>	0 g	--	0 g	--
of which saturates	0 g	--	0 g	--
<b>Carbohydrate</b>	77 g	--	46 g	--
of which sugars	53 g	--	32 g	--
<b>Fibre</b>	0 g	--	0 g	--
<b>Protein</b>	0 g	--	0 g	--
<b>Salt</b>	3 g	--	1.8 g	--
<b>Average contents</b>				
<b>Sodium</b>	1180 mg	--	710 mg	--
<b>Chloride</b>	746 mg	93	448 mg	56
<b>Calcium</b>	442 mg	55	265 mg	33
<b>Potassium</b>	500 mg	25	300 mg	15
<b>Magnesium</b>	241 mg	64	145 mg	39
<b>Vitamin C</b>	400 mg	500	240 mg	300
<b>Thiamine</b>	3.3 mg	300	2 mg	180
<b>Riboflavin</b>	4.2 mg	300	2.5 mg	180
<b>Niacin</b>	48 mg	300	29 mg	180
<b>Vitamin B6</b>	4.2 mg	300	2.5 mg	180
<b>Folic Acid</b>	600 mcg	300	360 mcg	180
<b>Vitamin B12</b>	7.5 mcg	300	4.5 mcg	180
<b>Biotin</b>	150 mcg	300	90 mcg	180
<b>Pantothenic acid</b>	18 mg	300	11 mg	180

\*NRV. Nutrient Reference Values.

400g



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