

# **Hydrate**

Energy support powder, provides nutrients lost during exercise, and adrenal stress

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The body is 80% water and a 2-3% loss of fluids is enough to decrease performance. Outdoor activity, exercise induced sweating, sauna use, low carbohydrate or ketogenic style eating paradigms are some of the ways that electrolyte imbalance can occur in active populations. Proper hydration does not occur with water alone!

Symptoms of an electrolyte imbalance include:

- Fatigue
- Dizziness
- Lethargy
- Irregular heart beat
- Muscle cramping, twitching
- Heavy legs
- Excessive thirst, urination (especially with diabetics)

## **The Prairie Performance Difference**

Hydrate powder contains much more than electrolytes. Key ingredients support energy production, cardiovascular function, endurance and many of the nutrients lost during times of stress. Hydrate provides a full dose of vitamin C at 1734mg for immune support and collagen production.

# **Key Ingredients**

#### **Electrolytes:**

Potassium, Sodium, Chloride, Magnesium

#### Taurine:

Supports healthy blood pressure and the flow of electrolytes in and out of the cell

#### **D-Ribose:**

Supports energy production and recovery

#### Vitamin C:

Stimulates collagen production, stress support, immune support

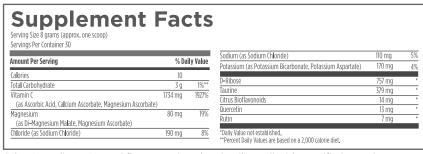
### Uses

- Low carbohydrate diets
- Stress
- Cardiovascular support
- Exercise endurance
- Replenish electrolytes lost from sweating
- Diabetes

## **How to Use - Considerations:**

Not recommended for individuals with sodium sensitive hypertension, those with a pacemaker or high blood sodium and potassium.

When following a lower carbohydrate diet your body will produce less insulin, this results in glycogen stores being depleted and the kidneys excreting sodium. Where sodium goes, water will follow so it is necessary to keep electrolytes balanced if following this eating paradigm.



Other Ingredients: Natural flavors, tapiocadextrin, silicon dioxide, certified organic stevia leaf extract (Steviarebaudiana), citricacid.











