

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.¹ 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.

Supplement Facts

Serving Size 8 grams (approx. one scoop)
Servings Per Container 30

Amount Per Serving	% Daily Value		% Daily Value
Calories	10	Sodium (as Sodium Chloride)	110 mg 5%
Total Carbohydrate	3 g 1%**	Potassium (as Potassium Bicarbonate, Potassium Aspartate)	170 mg 4%
Vitamin C (as Ascorbic Acid, Calcium Ascorbate, Magnesium Ascorbate)	1734 mg 1927%	D-Ribose	757 mg *
Magnesium (as Di-Magnesium Malate, Magnesium Ascorbate)	80 mg 19%	Taurine	379 mg *
Chloride (as Sodium Chloride)	190 mg 8%	Citrus Bioflavonoids	14 mg *
		Quercetin	13 mg *
		Rutin	7 mg *

*Daily Value not established.
**Percent Daily Values are based on a 2,000 calorie diet.

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

