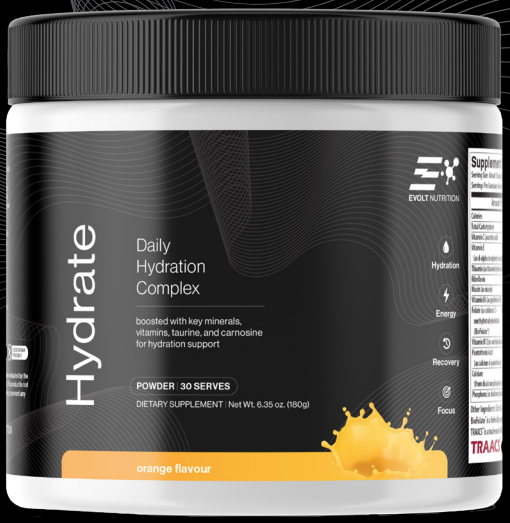
EVOLT NUTRITION

Hydrate

Daily Hydration Complex



Hydrate Supplementation

Staying hydrated can make or break athletic performance, as a multitude of physiological processes rely on fluid balance and electrolyte availability. Hydrate is a delicious, naturally flavored hydration complex formulated with a balanced profile of key minerals, electrolytes, vitamins, taurine, and carnosine. These ingredients work in synergy to support optimal hydration and promote healthy electrolyte balance, which is crucial for sustaining athletic performance, muscle contraction, and cell function. Just as importantly, Hydrate is free from artificial additives and added sugars that can actually hinder your performance and health.

GLUTEN FREE | NON-GMO | DAIRY-FREE | VEGETARIAN | cGMP FACILITY

Key Benefits:

- Provides Powerful Hydrating Nutrients*
- Supports Optimal Athletic Performance*
- Promotes Healthy Cell Function & Muscle Contraction*
- Boosts Antioxidant Capacity*
- Sweetened, Gluten-Free, Dairy-Free, Non-GMO, and Vegetarian
- Comes in Four Delicious Flavors: Blue Raspberry, Grape, Orange, and Lemonade!

How Hydrate Works

Electrolytes are substances that become ions (charged molecules) in solution and gain the ability to conduct electricity. The balance of electrolytes in your body is imperative for healthy cellular physiology, especially when exercising. When you sweat, electrolytes are lost and must be replenished to maintain proper cell function.*

As such, staying hydrated is key for sustaining athletic performance and helping you push through your workouts. Hydrate is an evidence based blend of essential minerals and electrolytes formulated to support cellular hydration and fluid balance. Here's how these unique micronutrients work:

Calcium (as Dicalcium Phosphate and Calcium D-Glucarate)
Calcium is key for healthy muscular contraction, cell signaling, cell division, and bone density.*[1] Hydrate contains highly bioavailable calcium from dicalcium phosphate and calcium D-glucarate to support a healthy calcium status.*

Phosphorus (as Dicalcium Phosphate)
Phosphorus has ubiquitous roles throughout the human body, acting as a component of phosphate. Phosphorus works synergistically with calcium to support bone density and muscular contraction while being a crucial substrate for energy (ATP) production.*[2]

TRAACS™ Magnesium (Magnesium Bisglycinate Chelate)
Magnesium is one of the most lacking minerals in the modern human diet. Yet it's also one of the most important for healthy and efficient muscle contraction, cardiovascular function, neurotransmission, digestion, and healthy fluid balance.* [3] With magnesium, the key is to supplement with a form that's well-absorbed, which is why Hydrate contains highly bioavailable TRAACS™ patented magnesium bisglycinate chelate.

Sodium (as Trisodium Citrate and Sodium Chloride)
Sodium is the primary positive ion (cation) present in the fluid outside of cells. It modulates the amount of water in the body, and the movement of sodium into and out of cells is essential for proper cell-to-cell signaling.

How Hydrate Works Continued

Potassium (Potassium Chloride and Potassium Aspartate)
Potassium is the primary positive ion (cation) present inside of cells. Along with sodium, potassium is essential for cell-to-cell signaling and an important substrate for skeletal muscle contraction.

Chromium (as Chromium Picolinate)
Chromium is an essential trace mineral that has been shown to promote proper carbohydrate metabolism, support healthy serotonin levels, and even regulate cortisol levels (which tend to increase during exercise).* [4, 5] In so doing, chromium can help support energy production and mood during physical activity.* Many dietary supplements rely on inferior forms of chromium that are not well absorbed, such as chromium chloride. Hydrate contains chromium picolinate as this form is highly bioavailable.[6]

Hydrating Vitamin Complex
In addition to minerals and electrolytes, Hydrate contains a comprehensive profile of bioavailable B vitamins, vitamin C, and vitamin E. These vitamins work complementary to the minerals and electrolytes in Hydrate to support healthy cellular function and maintain antioxidant status.* Research suggests that antioxidant vitamins help mitigate exercise-induced oxidative stress, promoting athletic perfor mance and endurance.* [7]

Taurine and L-Carnosine
Taurine is a non-proteinogenic amino acid, with research demonstrating that it supports athletic performance (especially at high intensity) and may attenuate exercise-induced oxidative stress.* [8] This amino acid is unique in that it's not abundant in foods, meaning you must supplement with it to reach effective doses.Hydrate also contains carnosine, a dipeptide that appears to play an integral role in muscle contraction and high-intensity exercise, with research suggesting it acts as a "buffer" and may reduce fatigue associated with lactic acid buildup.* [9] Carnosine has also been shown to have antioxidant properties throughout the body (antioxidants protect against oxidative stress by neutralizing free radicals).[10]

Why Use Hydrate?
Hydrate is NutriDyn's delicious flagship hydration formula, meticulously crafted with electrolytes and nutrients that support fluid balance while exercising and participating in physical activity.* Optimal hydration is a crucial component of athletic performance and endurance. Plus, this formula is free from added sugars, artificial colors, and unnecessary additives that can detract from your health and performance.

Supplement Facts

BLUE RASPBERRY

Serving Size: About 1 Scoop (6 g)
Servings Per Container: 30

Amount Per Serving		%DV
Calories	15	
Total Carbohydrate	3 g	1%*
Vitamin C (ascorbic acid)	120 mg	133%
Vitamin E (as d-alpha tocopheryl acetate)	18.76 mg	125%
Thiamin (as thiamin hydrochloride)	2 mg	167%
Riboflavin	5 mg	385%
Niacin (as niacin)	10 mg NE	63%
Vitamin B6 (as pyridoxine HCl)	5 mg	294%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	20 mcg DFE	5%
Vitamin B12 (as methylcobalamin)	6 mcg	250%
Pantothenic Acid (as calcium-d-pantothenate)	28 mg	560%
Calcium (from dicalcium phosphate and calcium d-glucarate)	103 mg	8%
Phosphorus (as dicalcium phosphate)	69 mg	6%
Magnesium (as magnesium bisglycinate chelate) (TRAACS™)	200 mg	48%
Zinc (as zinc oxide)	0.005 mg	<1%
Chromium (as chromium picolinate)	83 mcg	237%
Chloride (from potassium chloride and sodium chloride)	162 mg	7%
Sodium (as trisodium citrate and sodium chloride)	96 mg	4%
Potassium (as potassium chloride and potassium aspartate)	176 mg	4%
Taurine	500 mg	**
Malic Acid	500 mg	**
L-Carnosine	20 mg	**

Other Ingredients: Citric Acid, Inulin, Silica, Natural Flavor, Stevia Leaf Extract.

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TRAACS™ is a trademark of Balchem Corp. or Albion Labs.

Directions: Mix 1 scoop in 8 ounces of water or as directed by your healthcare practitioner.

Caution: If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

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