



# HYDRATE

IDLife Hydrate is a superior sports powder mix packed with vitamins, electrolytes and coconut water to fuel your body and help keep you hydrated throughout the day.\*

## DIRECTIONS:

Mix contents of one stick into 8-10 ounces of water. Shake well and enjoy!

## AVAILABLE FLAVORS:

- Grape
- Fruit Punch
- Lemon Lime
- Watermelon (seasonal)

## BENEFITS:

- Natural Flavors & Sweeteners
- Coconut Water
- Antioxidants
- Electrolytes

## FAQS:

### IS IT OKAY FOR KIDS TO TAKE HYDRATE?

Yes, Hydrate is a blend of essential minerals and electrolytes that is safe for children and adults.

### WHY IS HYDRATE BETTER THAN OTHER SPORTS DRINKS I CAN BUY?

It provides all the essential nutrients without all the added sugar.

### CAN I USE HYDRATE WITH OTHER IDLIFE PRODUCTS?

All IDLife products are designed to be consumed together.

### HOW OFTEN CAN I TAKE HYDRATE?

It depends on the person. A properly hydrated person would most likely need one serving in a day. Because 75% of Americans are dehydrated on a regular basis, it's recommended you use Hydrate at least two times per day.

### HOW MUCH SUGAR IS IN HYDRATE?

There is no sugar in Hydrate. It is naturally sweetened with Stevia.

### WHAT ARE THE NATURAL FRUIT FLAVORS IN HYDRATE?

The Fruit Punch flavor consists of cherry, berry and pineapple. The Lemon Lime flavor consists of lemon and lime. The Watermelon flavor consists of watermelon.

\*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

## GRAPE

### Supplement Facts

Serving Size: 1 Stick (4.3 g)  
Servings Per Container: 15

	Amount per serving	% Daily Value*
Calories	5	
Total Carbohydrate	1 g	0%*
Total Sugars	0 g	**
Includes 0 g Added Sugars		0%*
Vitamin C (as Ascorbic Acid)	100 mg	111%
Thiamin (as Thiamine HCl)	0.8 mg	67%
Riboflavin	1 mg	77%
Calcium (as Calcium Lactate Gluconate)	100 mg	8%
Magnesium (as Magnesium Oxide)	100 mg	24%
Chromium (as Chromium Nicotinate Glycinate Chelate)	60 mcg	171%
Sodium (as Sodium Chloride)	105 mg	5%
Potassium (as Potassium Citrate)	105 mg	2%
Coconut Water Powder	150 mg	**
Taurine	100 mg	**

\*Percent Daily Values are Based on a 2,000 Calorie Diet.  
\*\*Daily Value Not Established.

OTHER INGREDIENTS: Citric Acid, Natural Flavors, Malic Acid, Fruit and Vegetable (color), Stevia, Silicon Dioxide, Maltodextrin.

## FRUIT PUNCH

### Supplement Facts

Serving Size: 1 Stick (4.1 g)  
Servings Per Container: 15

	Amount per serving	% Daily Value*
Calories	10	
Total Carbohydrate	2 g	1%*
Total Sugars	0 g	**
Includes 0 g Added Sugars		0%*
Vitamin C (as Ascorbic Acid)	100 mg	111%
Thiamin (as Thiamine HCl)	0.8 mg	67%
Riboflavin	1 mg	77%
Calcium (as Calcium Lactate)	100 mg	8%
Magnesium (as Magnesium Oxide)	100 mg	24%
Chromium (as Chromium Nicotinate Glycinate Chelate)	60 mcg	171%
Sodium (as Chloride and Citrate)	105 mg	5%
Potassium (as Potassium Citrate)	105 mg	2%
Coconut Water Powder	150 mg	**
Taurine	100 mg	**

\*Percent Daily Values are Based on a 2,000 Calorie Diet.  
\*\*Daily Value Not Established.

OTHER INGREDIENTS: Citric Acid, Natural Flavors, Malic Acid, Stevia Leaf Extract (Rebaudioside A), Vegetable Juice (for Color), Natural Beta Carotene (for Color), Silicon Dioxide, Maltodextrin.

## LEMON LIME

### Supplement Facts

Serving Size: 1 Stick (4 g)  
Servings Per Container: 15

	Amount per serving	% Daily Value*
Calories	10	
Total Carbohydrate	2 g	1%*
Total Sugars	0 g	**
Includes 0 g Added Sugars		0%*
Vitamin C (as Ascorbic Acid)	100 mg	111%
Thiamin (as Thiamine HCl)	0.8 mg	67%
Riboflavin	1 mg	77%
Calcium (as Calcium Lactate)	100 mg	8%
Magnesium (as Magnesium Oxide)	100 mg	24%
Chromium (as Chromium Nicotinate Glycinate Chelate)	60 mcg	171%
Sodium (as Sodium Chloride)	105 mg	5%
Potassium (as Potassium Citrate)	105 mg	2%
Coconut Water Powder	150 mg	**
Taurine	100 mg	**

\*Percent Daily Values are Based on a 2,000 Calorie Diet.  
\*\*Daily Value Not Established.

OTHER INGREDIENTS: Citric Acid, Maltodextrin, Stevia Leaf Extract (Rebaudioside A), Natural Flavors, Silicon Dioxide, Spirulina Extract (for Color), Turmeric (for Color)

## WATERMELON

(seasonal)

### Supplement Facts

Serving Size: 1 Stick (4 g)  
Servings Per Container: 15

	Amount per serving	% Daily Value*
Calories	5	
Total Carbohydrate	2 g	1%*
Total Sugars	0 g	**
Includes 0 g Added Sugars		0%*
Vitamin C (as Ascorbic Acid)	100 mg	111%
Thiamin (as Thiamine HCl)	0.8 mg	67%
Riboflavin	1 mg	77%
Calcium (as Calcium Lactate)	100 mg	8%
Magnesium (as Magnesium Oxide)	100 mg	24%
Chromium (as Chromium Nicotinate Glycinate Chelate)	60 mcg	171%
Sodium (as Sodium Chloride)	105 mg	5%
Potassium (as Potassium Citrate)	105 mg	2%
Coconut Water Powder	150 mg	**
Taurine	100 mg	**

\*Percent Daily Values are Based on a 2,000 Calorie Diet.  
\*\*Daily Value Not Established.

OTHER INGREDIENTS: Citric Acid, Natural Flavor, Vegetable Juice (for Color), Maltodextrin, Stevia Leaf Extract (Rebaudioside A), Silicon Dioxide.