



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
- Watermelon
- Fruit Punch
- Lemon Lime

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.

HOW CAN I MAKE HYDRATE IN LARGE QUANTITIES?

One full jar of Hydrate is designed to mix with one 5-gallon sports jug so that you can easily hydrate a sports team or a group attending an event.

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 Grape flavor consists of grape.

*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.

Supplement Facts

Serving Size: 1 Stick (3.8 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	0g*	
Vitamin C (as Ascorbic Acid)	100 mg	111%
Thiamin (as Thiamine HCl)	0.8 mg	67%
Riboflavin	1 mg	77%
Calcium (as Tricalcium Citrate)	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.

Supplement Facts for Watermelon Flavor

Supplement Facts

Serving Size 1 packet (3.6g)
Servings Per Container 15

	Amount per serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	1%*
Vitamin C (as Ascorbic Acid)	100 mg	111%
Thiamin (as Thiamine HCl)	0.8 mg	67%
Riboflavin	1 mg	77%
Calcium (as Tri-Calcium Citrate)	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 Tri-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.

Supplement Facts for Lemon Lime Flavor



THE SCIENCE OF HYDRATION PRODUCTS: PROBLEM & SOLUTION

Proper hydration is a challenge with the majority of the American population. Studies suggest that at any given time, 75% of Americans are dehydrated. This can contribute to a multitude of health problems, including how you feel daily. Dehydration can drain your energy, cause cramping and headaches and ultimately prevent you from feeling and performing your best.

THE PROBLEM:

- 1/3 of Americans turn to sugary soft drinks and sports drinks as their primary source of hydration throughout the day. These can be loaded with sugar and lack many of the vital nutrients that are needed for adequate hydration.
- Kids are the primary target market for advertisers in these categories, contributing to the growing rate of 1/3 of kids that are now overweight in America.
- Most electrolyte replenishing drinks, commonly categorized as sports drinks, focus on the advantages of their products, but ignore the extreme levels of sugar included to make them taste better.

THE SOLUTION:

- IDLife Hydrate offers a scientifically proven effective balance of these vital electrolytes without any sugar.
- Coconut water powder is included in the formula because of its natural hydrating properties.
- Hydrate offers 400 mg of electrolytes per serving. Electrolytes are essential for maintaining the balance of fluids between the intracellular (inside the cell) and extracellular (outside the cell) environments. This balance is critically important for things like hydration, nerve impulses, muscle function, and pH level.*
- This product is safe for all ages.

“I used to drink popular sports drinks thinking I was doing myself a favor, I had no idea how much sugar I was consuming. I’m so thankful I found IDLife hydrate so I can have a drink that tastes delicious and replenishes my electrolytes without any unhealthy ingredients!” —Bob Cooper