



HYDRO-X



HYDRATION[†] / ENERGY[†] / RECOVERY[†] LEMON-CITRUS

PRODUCT BENEFITS:

1.5G **LACTATE**
BODY'S PREFERRED FUEL
EFFICIENT ENERGY

200 **MG** **SUSTAMINE™**
PATENTED HYDRATION TECHNOLOGY

Hydro-X breaks new ground in the area of energy, exercise-related cramping protection and post-workout recovery. **Hydro-X** provides a premium blend of electrolytes, along with 1500 mg of lactate, the body's natural fuel source. This key muscle fuel helps you lower exercise induced body acid, allowing your body to recover faster.[†]

Patented hydration technology, **Sustamine™**, is added to enhance electrolyte and water absorption in the intestines, stimulate glycogen synthesis (energy) and promote protein synthesis to help rebuild and recover. **Sustamine™** is a patented, unique dipeptide that helps the body rehydrate after grueling workouts so you feel stronger and fresher the next day.[†]

This formula is engineered to help enhance your performance and help increase hydration, allowing you to push deeper into the red zone.

PREMIERE BLEND OF ELECTROLYTES*

SUSTAMINE™
RAPID ABSORPTION / REHYDRATION / REPLENISH*

LACTATE - BODY'S NATURAL FUEL SOURCE*

RECOMMENDED DOSAGE:

1 SCOOP (6G) + 12-16 OZ WATER 1 Scoop (6G) + 500ml WATER

A **PRE-WORKOUT:**
 TAKE 1 SCOOP 60 MINUTES BEFORE AND AFTER WORKOUT FOR ADDED ENERGY AND ELECTROLYTE PROTECTION

Can be used anytime during or after workout for energy, hydration and electrolyte replacement as well

Can be combined with all **XENDURANCE®** products

WHO SHOULD TAKE IT?

Hydro-X is recommended for active people of all ages who need comprehensive hydration and support for their energy level throughout the day. It is also for the elderly who experience cramping during the day or at night time.

Supplement Facts		
Serving Size: 1 Scoop (6g) Servings per Container: 25		
	Amount Per Serving	% Daily Value*
Calories	10	
Total Carbohydrate	2 g	<1%
Sugars	2 g	
Vitamin B6 (from Pyridoxine)	5 mg	250%
Vitamin B12 (from Methylcobalamine)	15 mcg	250%
Calcium (as Calcium Lactate)	150 mg	15%
Magnesium (as Magnesium Lactate)	100 mg	25%
Selenium (as Selenium Amino Acid Chelate)	17.5 mcg	25%
Chloride (as Sodium Chloride)	240 mg	7%
Sodium (as Sodium Chloride)	160 mg	7%
Potassium (as Di-Potassium Phosphate, Potassium Amino Acid Chelate)	200 mg	6%
Sustamine™ (L-Alanyl-L-Glutamine)	200 mg	
Lactate (from Calcium Lactate and Magnesium Lactate)	1500 mg	

GLUTEN FREE / PRESERVATIVE FREE / WHEAT, YEAST AND DAIRY FREE



[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.