

ElectroPure Hydration™

Refuel with advanced cellular hydration*

ELPHYD | 112 g (3.95 oz)

Cellular hydration is non-negotiable when it comes to performance. When we sweat, we lose fluids and electrolytes, which are essential minerals our body needs to function at its best. Failing to replenish lost fluids and electrolytes can diminish our athletic performance, muscle and cognitive function, and even our mental health. Water alone does not adequately provide the electrolytes that our body needs.



FITNESS PERFORMANCE*



Delivers 9X the electrolytes of the leading sports drink‡



2X the electrolytes of the leading powder brand††



1:1 sodium to potassium ratio for balanced electrolyte replacement



Increased bioavailability of magnesium and zinc with the bisglycinate form



ZERO sugar hydration, with plant-based sweeteners stevia and monk fruit

Supplement Facts

Serving Size 1 stick pack (8 g)
Servings Per Container 14

Amount Per Serving	% Daily Value
Calories	10
Total Carbohydrate	2 g 1%**
Vitamin C (as Ascorbic Acid)	400 mg 444%
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate Taste Free)	100 mg 24%
Zinc (as Zinc Bisglycinate Chelate)	5 mg 45%
Chloride (as Sodium Chloride)	840 mg 36%
Sodium (as Sodium Chloride)	500 mg 22%
Potassium (as Potassium Bicarbonate, Potassium Glycinate Complex)	500 mg 11%
D-Ribose	1 g *

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

Other Ingredients: Natural flavor, citric acid, PhytoSweet® blend (rebaudioside M, steviol glycosides [from *Stevia rebaudiana* leaf]), luo han guo extract (fruit), silicon dioxide.

Recommended Use: Mix 1 stick pack (8 g) in 16 oz of water per day or as directed by your health-care practitioner.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

JUST THE FACTS:

Compare supplement facts to the leading brands

- **Vitamin C** - promotes antioxidant status and muscle function during and post-exercise*
- **Sodium, potassium, magnesium, and chloride** - balanced sodium to potassium ratio and full-spectrum electrolytes promote advanced hydration*
- **Zinc** - supports athletic performance*
- **D-ribose** - supports energy production and exercise recovery*

*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.

††Total electrolytes per serving vs Liquid I.V. Hydration Multiplier Powder Packets, the leading brand per Stackline sales data September 2023

‡Total electrolytes per serving vs Gatorade Classic 12 fl oz as of September 2023