



During intense physical activity such as sport or when travelling to warm regions, the body loses both fluids and valuable electrolytes due to heavy sweating. These include the minerals sodium, potassium and chloride. It is important that the excess fluid and electrolytes are replenished.

Our dietary supplement HydriaX contains the ideal combination of dextrose, sodium citrate, sodium chloride and potassium chloride. The contained potassium contributes to the maintenance of normal blood pressure. Furthermore it supports normal muscle function and normal function of the nervous system.

HydriaX is available in different flavours like orange, blackcurrant or mango.

**Product information of product sample HydriaX**

**Product description:** Food supplement with minerals  
With sugar (dextrose) and sweetener

**Flavour:** Orange

**Presentation:** whitish powder; 5.3 g per serving

Nutrients	Per daily serving (2 sachets = each 5.3 g)	% NRV <sup>1</sup>
Potassium	300 mg	15
Chloride	860 mg	108
Sodium	640 mg	-
Dextrose	6600 mg	-

<sup>1</sup> Nutrient Reference Value

**Recommended consumption:**

Dissolve 1 sachet (5.3 g) twice a day in 200 ml water, stir well and drink.

**Ingredients:**

Dextrose; sodium citrate; sodium chloride; potassium chloride; acidifier: citric acid; sweetener: sodium cyclamate, sodium saccharin; flavour

The product HydraX does not contain allergens (according to Regulation (EU) No 1169/2011) and GMO, is free of gluten and lactose and is suitable for vegetarians and vegans.

**Indications:**

The recommended daily dose should not be exceeded. Food supplements are not a substitute for a balanced, varied diet and a healthy lifestyle.

Keep out of the reach of small children. The product is not suitable for children under 13 years of age.

People with kidney or heart disease should consult their doctor before taking potassium.

**Storage conditions:** Store in a dry and dark place, at room temperature (not above 25°C).