# AMPED<sup>™</sup> Hydrate

# Hydration is essential

Whether you're playing sports, traveling, spending time outdoors, or simply going about your day.

Too often, we're bombarded with hydration options that only provide sugar and calories, usually in excess. You need one solution that supports daily hydration in a nutritious, delicious way with nutrients and electrolytes for the entire family and their busy, active lifestyles without excess sugar and calories.

AMPED<sup>™</sup> Hydrate has 0 grams of sugar and is nutrient-packed replenishment that's perfect for adults and great for kids, too! It's exactly what your family needs.





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RESPONSIBLY

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## Who's It For?

- People who want an alternative to overly sweetened beverages.
- Anyone looking to increase hydration
- Ages 4+



# **Benefits**

- 15 calories
- Vitamin C and B complex, biotin, minerals, and more.
- Og sugar
- Superfruit electrolyte blend
- Provide electrolytes that help with daily hydration
- Made with natural ingredients. No artificial flavours, colors, or sweeteners.

#### **Get Daily Hydration**

Up your water game with electrolytes and vitamins and minerals for more effective daily hydration and to replace what's lost during physical activity.<sup>+</sup>

#### Zero Sugar

Enjoy delicious Juicy Orange flavor, with 15 calories and 0 grams of sugar.

#### Nourish with Vitamins and Electrolyte

Replace nutrients naturally lost throughout the day and during exercise with vitamins C and B complex as well as a full spectrum electrolyte profile.<sup>+</sup>

## Flavors



Juicy Orange

## How to Use

- **During exercise**: Enjoy 2 stick (2 servings) with 480 mL of water
- For daily use: Enjoy 1 stick (1 serving) with 240 mL of water or add one serving to your favorite Isagenix Shake



