

MAKE, MESS

Did you know that dehydration is one of themost common problems we face?

**75**%

of US-adults suffer from the effects of dehydration\*

**30**%

reduction in performance caused by even mild dehydration\*

**32**%

of athletes are exercising in a dehydrated state\*



KEY BENEFITS:

# Ultimate Hydration On-the-Go:

Convenient stick pack powder that mixes easily with water, delivering rapid hydration anytime, anywhere

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# Natural Electrolyte Balance:

Replenishes essential minerals without artificial dyes or sugar, supporting overall wellness and energy levels.



# **Precision Peptide Support:**

Enhances the effectiveness of our core products, LEAN and FIT, by optimizing the function and bioavailability of Bioactive Precision Peptides™.

## A Comprehensive Wellness Solution:

Use HYDRATED as a standalone, but when used with both FIT and LEAN—expect better hydration, improved energy, and optimized performance.

# Why is Hydration so important to your body?

## **Essential Hydration**

HYDRATED isn't just another hydration product–it's a crucial partner in your wellness journey. Designed to work in harmony with our LEAN and FIT products, HYDRATED ensures that your body is primed to exploit the full benefits of Bioactive Precision Peptides™ by optimizing hydration and electrolyte balance.

Even mild dehydration can significantly impair strength, endurance, and cognitive function, underscoring the critical need for proper hydration.

# HYDRATION UNLOCKED: PRECISION PEPTIDE SUPPORT

Hydration is key to unlocking the full potential of Bioactive Precision Peptides™. By keeping your cells hydrated and balanced, HYDRATED ensures that peptides can effectively communicate within your body, enhancing weight loss, muscle preservation, and overall metabolic fitness when used with our LEAN and FIT products.

# THE SCIENCE BEHIND HYDRATED

### **Optimal Electrolyte Balance:**

Proper hydration is about more than just drinking water. HYDRATED provides an optimal blend of electrolytes, including those sourced from SolarSea™Sport, which is derived from the Great Salt Lake. These electrolytes are vital for cell signaling, fluid balance, and maintaining energy during physical activity.

#### **Enhanced Fluid Absorption:**

With the inclusion of Glycine, HYDRATED improves the absorption of water and electrolytes across cell membranes, ensuring that every drop counts.

#### **Coconut Water Powder:**

Coconut water powder in HYDRATED is naturally isotonic, matching the electrolyte balance of human blood and plasma. This leads to rapid hydration, better exercise performance, and supports heart health.