

# Rehydrate Electrolyte Replacement Drink (Mix)

SUSTAIN OPTIMAL HYDRATION



**\$19.95 per box**

**(14 pouches)**

A4412 - Fruit Punch

A4414 - Mango Pineapple

A4421 - Red Raspberry

A4431 - Key Lime Cherry

A4441 - Peach

**D \$15.96 A \$11.97**

**\$57.95 per canister**

**(56 servings)**

A2412 - Fruit Punch

A2414 - Mango Pineapple

A2421 - Red Raspberry

A2431 - Key Lime Cherry

A2441 - Peach

**D \$46.36 A \$34.77**



## Rehydrate

Electrolyte Replacement Drink

### KEY BENEFITS:

- Helps the body stay hydrated during physical activity
- Provides a full spectrum of crucial electrolytes for improved electrolyte balance
- Includes amino acids to help feed your muscles
- Fuels your body with carbohydrates for energy production and sustained muscle endurance
- Contains antioxidants to fight free radicals commonly produced during exercise
- Helps prevent cramping during and after exercise

### IS THIS YOU?

- Someone who wants to sustain hydration and energy during physical activity
- Someone who wants a superior sports drink
- Someone who wants to enhance your exercise regimen
- Someone who wants a healthy drink for everyday use

### THE ISSUE:

Water is the basis for all body fluids and an essential part of many metabolic processes. Fluids are lost during prolonged exercise, outdoor activities at elevated temperature and even during indoor workouts and cooler temperatures, and it is important they are replaced. As much as two quarts of water can be lost in one hour of intense exercise+.

Studies have found that athletes who lose as little as two percent of their body weight through sweating have a drop in blood volume, which causes the heart to work harder to circulate blood. A drop in blood volume may also lead to muscle cramps, dizziness, fatigue and even heat stroke+.

Individuals may be completely unaware of these occurrences. According to the Texas Heart Institute, feeling thirsty is not the best indicator of your body's water needs, because thirst occurs after your body is already dehydrated. Also, your thirst is usually satisfied even before your body's water supply is fully replaced. This means that during workouts, you should drink water even if you do not feel thirsty+.

### THE SOLUTION: Rehydrate

Rehydrate Electrolyte Replacement Drink (Mix) provides the necessary nutrients to maintain proper metabolism and delay the onset of fatigue. It hydrates your body by re-establishing your electrolyte balance with its superior formulation. Rehydrate Drink has a low

glycemic index that produces a more gradual insulin response and is isotonic, thus providing rapid gastric emptying and rapid rehydration. Furthermore, this drink helps support the body's energy cycle and provides carbohydrate fuel necessary for energy production.

Unlike other sports drinks, Rehydrate Electrolyte Replacement Drink (Mix) includes antioxidants, carbohydrates, electrolytes, a powerful patented ingredient known as [Sustamine™](#) and other nutrients that effectively promote optimal hydration and recovery. Rehydrate Drink has a 1:1 ratio of [sodium](#) and [potassium](#), two of the most vital electrolytes that are lost when we sweat. Rehydrate Drink helps prevent cramping by providing [calcium](#), [magnesium](#) and [L-glutamine](#) to support the contraction and relaxation phases of the muscles.

#### [Sustamine™](#) (L-Alanyl-L-Glutamine)

*[Sustamine™](#) is a dipeptide of the amino acids, L-alanine and L-glutamine. This dipeptide enhances electrolyte and water absorption as well as promoting higher serum bioavailability and absorption of L-glutamine, compared to L-glutamine alone. It plays an important role in enhancing the immune system, muscle protein synthesis and energy production through gluconeogenesis.*

This amazing sports drink also helps sustain carbohydrate energy by including chromium in its unique formulation, strengthening endurance at any activity level. Furthermore, the antioxidants in Rehydrate Drink help fight the effects of free radicals, and the amino acids support blood flow throughout the cardiovascular system. Rehydrate Electrolyte Replacement Drink (Mix) provides a complete spectrum of ingredients for hydration that far exceeds other leading sports drinks, making it a superior choice for the serious or casual athlete.

**The updated formula now has just 40 calories, fewer carbohydrates and improved solubility, making it easier to mix on the go.**

#### [Directions For Use:](#)

For ages 4 and older.

To prepare, shake or stir contents of one pouch or scoop into 8 fluid ounces of water.

Drink liberally before, during and after physical activity.

#### [Key Ingredients:](#)

[L-arginine](#), [calcium](#), [magnesium](#), [sodium](#), [potassium](#), [chromium](#), [thiamine \(B-1\)](#), [Sustamine™](#)

+ Resources

University of Iowa Healthcare, New World Encyclopedia, Texas Heart Institute

([Sustamine™](#) is a registered trademark of Kyowa Hakko Bio Co., Ltd. [www.sustamine.com](http://www.sustamine.com))

\* 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.

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Rehydrate Fruit Punch

<b>NUTRITION FACTS</b>	
Serving Size: 1 pouch (0.42 oz/12g) [makes 8 fl oz prepared]	
Servings Per Container: 14	
<b>Amt Per Serving</b>	
<b>Calories 40</b>	Calories from Fat 0
	<b>%DV*</b>
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Potassium 100mg</b>	<b>3%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 6g	
<b>Protein 0g</b>	
Vitamin A 20%	• Vitamin C 200%
Calcium 10%	• Iron 0%
Thiamine 10%	• Riboflavin 10%
Niacin 10%	• Vitamin B-6 100%
Pantothenic acid 6%	• Magnesium 10%
Chromium 4%	
*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	<b>Calories: 2,000      2,500</b>
Total Fat	Less than 65g      80g
Sat Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Potassium	Less than 3,500mg      3,500mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

A4412/01D0411

**INGREDIENTS:** PURE CRYSTALLINE FRUCTOSE, MALTODEXTRIN, MALIC ACID, BEET ROOT EXTRACT (FOR COLOR), L-ALANYL-L-GLUTAMINE (SUSTAMINE™†), SODIUM CITRATE, POTASSIUM CITRATE, SODIUM CHLORIDE, ASCORBIC ACID, CALCIUM LACTATE, POTASSIUM CHLORIDE, NATURAL FLAVORS, L-ARGININE, BETA-CAROTENE, MAGNESIUM CITRATE, SUCRALOSE, CHROMIUM CITRATE COMPLEX, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, CALCIUM D-PANTOTHENATE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE.

† CONTAINS SUSTAMINE™ - SUSTAMINE™ IS A REGISTERED TRADEMARK OF KYOWA HAKKO BIO CO., LTD.



**Directions For Use:** To prepare, shake or stir contents of one pouch into 8 fluid ounces of chilled water. Drink liberally before, during and after physical activity.

**KEEP OUT OF REACH OF CHILDREN.**

For maximum freshness, store product in a cool, dry place.

Rehydrate Mango-Pineapple

<b>NUTRITION FACTS</b>			
Serving Size: 1 pouch (0.42 oz/12g) [makes 8 fl oz prepared]			
Servings Per Container: 14			
<b>Amt Per Serving</b>			
<b>Calories 40</b>	Calories from Fat 0		
	<b>%DV*</b>		
<b>Total Fat 0g</b>	<b>0%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 100mg</b>	<b>4%</b>		
<b>Potassium 100mg</b>	<b>3%</b>		
<b>Total Carbohydrate 9g</b>	<b>3%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 6g			
<b>Protein 0g</b>			
Vitamin A 20%	• Vitamin C 200%		
Calcium 10%	• Iron 0%		
Thiamine 10%	• Riboflavin 10%		
Niacin 10%	• Vitamin B-6 100%		
Pantothenic acid 6%	• Magnesium 10%		
Chromium 4%			
*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

A4414/00L1111

**INGREDIENTS:** PURE CRYSTALLINE FRUCTOSE, DEXTROSE, MALTODEXTRIN, CALCIUM LACTATE, MALIC ACID, MAGNESIUM CITRATE, SODIUM CITRATE, SUSTAMINE™ (L-ALANYL-L-GLUTAMINE), POTASSIUM CITRATE, ASCORBIC ACID, L-ARGININE, SODIUM CHLORIDE, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM CHLORIDE, SILICON DIOXIDE, BETA CAROTENE, SUCRALOSE, PYRIDOXINE HYDROCHLORIDE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN.

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**Directions For Use:** To prepare, shake or stir contents of one pouch into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

**KEEP OUT OF REACH OF CHILDREN.**

For maximum freshness, store product in a cool, dry place.

Rehydrate Red Raspberry

**NUTRITION FACTS**

Serving Size: 1 pouch (0.42 oz/12g) [makes 8 fl oz prepared]  
 Servings Per Container: 14

Amt Per Serving		Calories from Fat 0	
Calories 40			
		%DV*	
<b>Total Fat</b> 0g		<b>0%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 100mg		<b>4%</b>	
<b>Potassium</b> 100mg		<b>3%</b>	
<b>Total Carbohydrate</b> 9g		<b>3%</b>	
Dietary Fiber 0g		<b>0%</b>	
Sugars 6g			
<b>Protein</b> 0g			
Vitamin A	20%	• Vitamin C	200%
Calcium	10%	• Iron	0%
Thiamine	10%	• Riboflavin	10%
Niacin	10%	• Vitamin B-6	100%
Pantothenic acid	6%	• Magnesium	10%
Chromium	4%		

\*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** PURE CRYSTALLINE FRUCTOSE, DEXTROSE, MALTODEXTRIN, CALCIUM LACTATE, MALIC ACID, MAGNESIUM CITRATE, SODIUM CITRATE, SUSTAMINE™ (L-ALANYL-L-GLUTAMINE), POTASSIUM CITRATE, ASCORBIC ACID, L-ARGININE, SODIUM CHLORIDE, NATURAL FLAVOR, POTASSIUM CHLORIDE, NATURAL COLOR (BEET ROOT), SILICON DIOXIDE, BETA CAROTENE, SUCRALOSE, PYRIDOXINE HYDROCHLORIDE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN.

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**Directions For Use:** To prepare, shake or stir contents of one pouch into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

**KEEP OUT OF REACH OF CHILDREN.**

For maximum freshness, store product in a cool, dry place.

A4421/00D0913

Rehydrate Key Lime Cherry

**NUTRITION FACTS**

Serving Size: 1 pouch (0.42 oz/12g) [makes 8 fl oz prepared]  
 Servings Per Container: 14

**Amt Per Serving**  
**Calories 40** Calories from Fat 0

	<b>%DV*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Potassium</b> 100mg	<b>3%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 6g	

**Protein** 0g

Vitamin A	20%	•	Vitamin C	200%
Calcium	10%	•	Iron	0%
Thiamine	10%	•	Riboflavin	10%
Niacin	10%	•	Vitamin B-6	100%
Pantothenic acid	6%	•	Magnesium	10%
Chromium	4%			

\*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

A4431/00D0913

**INGREDIENTS:** PURE CRYSTALLINE FRUCTOSE, DEXTROSE, MALTODEXTRIN, CALCIUM LACTATE, MALIC ACID, MAGNESIUM CITRATE, SODIUM CITRATE, SUSTAMINE™ (L-ALANYL-L-GLUTAMINE), POTASSIUM CITRATE, ASCORBIC ACID, L-ARGININE, SODIUM CHLORIDE, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM CHLORIDE, NATURAL COLOR (GARDENIA EXTRACT), SILICON DIOXIDE, BETA CAROTENE, SUCRALOSE, PYRIDOXINE HYDROCHLORIDE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN.

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**Directions For Use:** To prepare, shake or stir contents of one pouch into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

**KEEP OUT OF REACH OF CHILDREN.**

For maximum freshness, store product in a cool, dry place.

Rehydrate Peach

**NUTRITION FACTS**

Serving Size: 1 pouch (0.42 oz/12g) [makes 8 fl oz prepared]  
 Servings Per Container: 14

**Amt Per Serving**  
**Calories 40** Calories from Fat 0

	<b>%DV*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Potassium</b> 100mg	<b>3%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 6g	

<b>Protein</b> 0g			
Vitamin A	20%	•	Vitamin C 200%
Calcium	10%	•	Iron 0%
Thiamine	10%	•	Riboflavin 10%
Niacin	10%	•	Vitamin B-6 100%
Pantothenic acid	6%	•	Magnesium 10%
Chromium	4%		

\*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

A4441/00D0913

**INGREDIENTS:** PURE CRYSTALLINE FRUCTOSE, DEXTROSE, MALTODEXTRIN, CALCIUM LACTATE, MALIC ACID, MAGNESIUM CITRATE, SODIUM CITRATE, SUSTAMINE™ (L-ALANYL-L-GLUTAMINE), POTASSIUM CITRATE, ASCORBIC ACID, L-ARGININE, SODIUM CHLORIDE, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM CHLORIDE, SILICON DIOXIDE, BETA CAROTENE, SUCRALOSE, PYRIDOXINE HYDROCHLORIDE, NIACINAMIDE, D-CALCIUM PANTOTHENATE, CHROMIUM CITRATE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN.

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**Directions For Use:** To prepare, shake or stir contents of one pouch into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

**KEEP OUT OF REACH OF CHILDREN.**

For maximum freshness, store product in a cool, dry place.