

# HYDRA4G

BRINGING HYDRATION  
TO THE NEXT LEVEL

## WHY IS IT ESSENTIAL TO REHYDRATE?

Maintaining optimal hydration is essential in order for the body to function correctly, especially during exercise.

When dehydrated, it is important to restore your body's water balance as soon as possible. Just drinking a lot of water usually is not sufficient.

The water in our body contains crucial electrolytes, i.e. important minerals that allow our body to carry out critical chemical reactions. Rehydrating must restore these electrolytes because they tend to be lost during sweating.

### Effects on sport performances

- > Effects on physical performance (decreasing endurance)
- > Effects on cognitive performances (concentration, tactical choice, etc.)

### Effects on health condition

- > Blood system disorders
- > Digestive disorders
- > Cardiovascular disorders

Failure to do so can result in a state called hyponatremia, or "water intoxication", which can cause headache, fatigue, muscle cramps, stomach upset, and in extreme cases, even death.



## MINERALS LOSSES

During perspiration we typically lose around  
460 mg/L

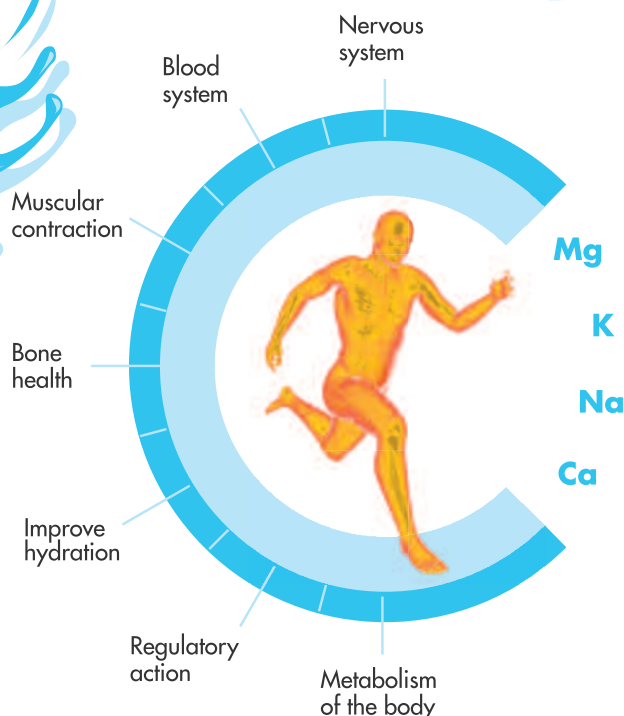
1.4 g/L of **sodium**  
300 – 400 mg/L of **potassium**  
40 mg/L of **calcium**  
4.8 mg/L of **magnesium**

Studies show that athletes on average replace only 30-70% of their mineral losses incurred by sweating. Plain water is hence not sufficient.

# HYDRA4G

**HAS BEEN DESIGNED  
TO COVER MINERAL LOSS  
DURING PERSPIRATION!**

## MINERALS HEALTH BENEFITS



## References

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**BOOST + HYDRATE + BALANCE**

**CHOOSE THE BEST FORMULA  
FOR YOUR SPORTS DRINK**



**Potassium**  
Citrate



**Magnesium**  
Glycerophosphate



**Sodium**  
Citrate



**Calcium**  
Glycerophosphate

### WHY CHOOSE HYDRA4G

Hydra4G is a mixture of chelated salts in powder form. Calcium, magnesium, sodium and potassium were selected due to their important physiological functions during exercise. This powder form will blend perfectly into your sports drink.

#### HIGH QUALITY MINERAL SALTS

- > GMP Accreditation
- > Produced in France
- > FCC Specifications
- > High purity organic salts
- > High bioavailability
- > High stability
- > Low heavy metal levels
- > Gluten & Allergen free
- > BSE & GMO free
- > Kosher Certification

### WHY USE GLYCEROPHOSPHATE ANION?

Glycerophosphate is combining all benefits given by the physiological functions of both glycerol and free phosphate.

> Energy production  
1 molecule of  
glycerol = 19 ATP

> Phospholipids synthesis

#### GLYCEROL

#### GLYCEROPHOSPHATE ANION

#### PHOSPHATE

> Improves brain  
functioning

> Improves health  
of digestive system

> Regulates balance  
of hormones

> Helps maintain healthy  
bones & teeth and eliminates  
muscles weakness & fatigue

> Facilitates the maximum  
utilization of proteins in body



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