

Raspberry Lemonade HYDRATION

"Everything is better when you're hydrated"

Hydrating is essential to our health & longevity, yet 3 out of 4 Americans still experience dehydration on a daily basis. Today's popular drinks are packed with artificial ingredients & sugar which actually dehydrates us! And water alone, just doesn't cut it! Luckily for you, staying properly hydrated is now easy, fast, & delicious with Raspberry Lemonade HYDRATION! 1 scoop quickly replenishes your body so you can look, feel, & perform your best! Drink me up to 3 times a day!

FACTS

- 0g sugar. 0g fat. Only 10 Calories
- NO artificial ingredients. 100% Natural
- 9 essential electrolytes & minerals
- All Natural Raspberry Lemonade flavor
- Stevia 100% natural sweetener used
- Vitamin C & Zinc help support Immunity
- No Gluten, No Dairy, & Soy Free
- Non-GMO & 3rd Party Tested for Purity
- Safely made in USA

HOW IT WORKS



Chloride

- Osmotic pressure support. Helps keep tendons and joints healthy.



Calcium & Sodium

- Supports Muscle contractions. Vital for brain function & bone health.



Magnesium & Zinc

- Helps prevent cramps and convert glucose to energy. Boosts Immunity.



Phosphorous

- Oxygen delivery to muscles. Repair of cells and tissues.



Potassium & Vitamin C

- Cardiac muscle support. Regulates blood pressure. Immunity Support & cellular repair.



DID YOU KNOW?

95% of people are considered dehydrated in the morning. The act of breathing during sleep slowly dehydrates you. If you breath through your mouth, you are dehydrating **42%** faster than nasal breathing! That's why hydrating right away in the morning is so important.

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RECIPES

CLASSIC RASPBERRY LEMONADE

Ingredients:

- 1 scoop of HYDRATION
- 12-16 oz cold water

Directions:

1. Combine in a glass or shaker bottle and mix well.

- 💡 TIP: Try me in your fruit smoothies or shakes!
 - 💡 TIP: Adjust the amount of liquid to augment the taste to your liking.
 - 💡 TIP: Powdered supplements mix best using Blenders, Shaker Bottles, or Frothers.
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RASPBERRY LEMONADE SLUSHIE

Ingredients:

- 1 scoop of HYDRATION
- 10 oz cold water
- 1/4 cup frozen raspberries
- 6-9 ice cubes

Directions:

1. Combine all ingredients in blender.
 2. Mix well & enjoy!
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HEALTHY RASPBERRY LEMONADE SODA

Ingredients:

- 1 scoop HYDRATION
- 2-3 ice cubes
- 10- 12 oz of carbonated water (can of bubbly water)

Directions:

1. Combine in a glass or shaker bottle and mix gently.

