

SUPPLEMENT FACTS

Serving Size: 1 level scoop (11.5 g)
Servings Per Container: 40

AMOUNT PER SERVING		% DV
Calories	40	
Total Carbohydrate	10 g	4%†
Total Sugars	9 g	**
Includes 9 g Added Sugars		18%†
Calcium (as calcium citrate)	10 mg	<1%
Magnesium (as magnesium citrate)	40 mg	10%
Sodium (as sodium citrate)	230 mg	10%
Potassium (as potassium citrate)	80 mg	2%
Quercetin	100 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

OTHER INGREDIENTS: Organic cane sugar, Dextrose, Citric acid, Silica, Natural flavors, Stevia leaf extract.



Citrus flavored

HYDRATE

Hydration blend with electrolytes, carbohydrates, and quercetin to help:*

Replace electrolytes and minerals

Maximize fluid absorption

Fuel muscles and delay fatigue during exercise

Improve endurance and performance

CALCIUM

MAGNESIUM

SODIUM

POTASSIUM

QUERCETIN

DIRECTIONS: Gently shake container to loosen compressed powder. Mix 1 level scoop with 8 oz water until dissolved and consume during exercise over a 30-minute period. Take 1 additional serving for each additional 30 minutes of continuous exercise.

RECOMMENDED USE:

Duration For every 30 mins
Hydrate amount 1 scoop
Water 8 oz

ALLERGEN STATEMENT: This product is manufactured in a plant that also processes milk, soy, egg, fish, crustacean shellfish, tree nut, peanut, sesame, and wheat ingredients.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

STORE IN A COOL, DRY PLACE.

DISTRIBUTED BY: Beachbody, LLC, 3301 Exposition Blvd., Santa Monica, CA 90404

KEEPING YOUR BODY HYDRATED WITH THE RIGHT BALANCE OF ELECTROLYTES, WATER, AND CARBOHYDRATES IS KEY TO GETTING THE MOST OUT OF YOUR WORKOUT.

Beachbody Performance Hydrate's patented formula delivers the right amount of essential minerals to help replace electrolytes lost through sweat, combined with low levels of carbohydrates to help maximize fluid absorption and enhance your performance. When used as directed, Hydrate has been specifically formulated to replace what's lost and is completely customizable to your needs.*

NO SYNTHETIC COLORS AND NO ARTIFICIAL FLAVORS, SWEETENERS, OR PRESERVATIVES.

***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.**

Informed Sport certifies each batch of this product was tested for banned substances and also ensures high quality manufacturing standards.

© 2021 Beachbody, LLC. All rights reserved. Beachbody Performance, Beachbody, and Team Beachbody are trademarks of Beachbody, LLC. Have questions? Contact your Coach for support or go to BeachbodySupport.com for more information.

U.S. Pat. No. 10,888,599



DIETARY SUPPLEMENT

NET WT 1.01 LBS (460 g)

BBPLBL1008US02



99% POST-CONSUMER RECYCLED CONTENT JAR†
†EXCLUDES CAP, SEAL, AND LABEL

