



plexus

HYDRATE

Balanced blend of electrolytes, antioxidants, and minerals hydrates better than water alone

FEATURES

- Balanced blend of electrolytes, including potassium, magnesium, sodium, and calcium which hydrates better than water alone and helps maintain normal electrolyte balance which is important for optimal wellbeing
- Replenishes necessary electrolyte levels lost during daily activities, helping to maintain good water balance in the body which is critical support for the normal function of your body's muscles, nerves, heart, and even brain
- 10 calories and 0 grams of sugar per serving, sweetened with stevia leaf extract, a natural sweetener
- Available in blueberry acai and lemon lime flavors
- No artificial colors**, flavors, sweeteners, or preservatives
- Gluten-free, vegan, and non-GMO

KEY INGREDIENT BENEFITS

- Calcium citrate, magnesium citrate, potassium citrate, and sea salt support hydration and replace electrolytes lost from physical activity to support the proper functioning of gut muscles as well as the transport of nutrients along with waste through the digestive process
- Tart cherry, aloe vera, and watermelon juice, with antioxidant properties, help to protect cells from oxidative damage
- Coconut water powder assists with rehydration



LEMON LIME FLAVOR

Directions: Mix 1 packet with 12-16 fl. oz. (350-470 mL) of cold water.

Nutrition Facts

20 servings per container	
Serving size	1 packet (4.2 g)
Amount Per Serving	
Calories	10
	% Daily Value*
Total Fat 0g	0%
Sodium 170mg	7%
Total Carbohydrate 1g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Calcium 70mg	6%
Potassium 200mg	4%
Vitamin C 170mg	190%
Magnesium 50mg	10%
Zinc 3mg	25%
Chloride 70mg	4%
Not a significant source of saturated fat, <i>trans</i> fat, cholesterol, dietary fiber, vitamin D, and iron.	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Citric acid, potassium citrate, sodium citrate, magnesium citrate, calcium citrate, natural flavors, ascorbic acid (vitamin C), tart cherry fruit powder, coconut water powder, salt, watermelon juice powder, malic acid, stevia leaf extract, silicon dioxide, turmeric (color), aloe vera (inner leaf fillet) powder, spirulina extract (color), and zinc citrate.
CONTAINS: Tree Nuts (coconut)

NOTE: Do not use if tamper-evident seal is broken or damaged. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place.

Gluten free, vegetarian, and non-GMO
No artificial colors**, flavors, sweeteners, or preservatives

Distributed By: Plexus Worldwide® Scottsdale, AZ 85258
480-998-3490 plexusworldwide.com

BLUEBERRY ACAI FLAVOR

Directions: Mix 1 packet with 12-16 fl. oz. (350-470 mL) of cold water.

Nutrition Facts

20 servings per container	
Serving size	1 packet (3.9 g)
Amount Per Serving	
Calories	10
	% Daily Value*
Total Fat 0g	0%
Sodium 170mg	7%
Total Carbohydrate 1g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Calcium 70mg	6%
Potassium 200mg	4%
Vitamin C 170mg	190%
Magnesium 50mg	10%
Zinc 3mg	25%
Chloride 70mg	4%
Not a significant source of saturated fat, <i>trans</i> fat, cholesterol, dietary fiber, vitamin D, and iron.	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: Natural flavors, potassium citrate, sodium citrate, magnesium citrate, citric acid, calcium citrate, ascorbic acid (vitamin C), tart cherry fruit powder, coconut water powder, salt, watermelon juice powder, stevia leaf extract, silicon dioxide, aloe vera (inner leaf fillet) powder, and zinc citrate.
CONTAINS: Tree Nuts (coconut)

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HOW TO USE

- Mix 1 packet with 12-16 fl. oz. (350-470 mL) of cold water.

BETTER TOGETHER

- **Active:** Promotes clean lasting energy, along with mental sharpness, and enhances cognitive performance.*
- **Slim Microbiome Activating:** Promotes the growth of beneficial gut microbes that contribute to overall health along with a balanced gut microbiome.*
- **Ease:** Helps you minimize and recover from activity induced muscle soreness and fatigue.*



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**Added color from natural sources

*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.