

# plexus Hydrate™

## Replenish yourself with advanced hydration.

Staying hydrated should not have to feel like a chore or leave you thirsting for more. Plexus Hydrate is the ultimate convenient hydration solution, delivering the electrolytes you need for optimal performance — all in a refreshing, sugar-free drink mix you look forward to daily!



## Don't Let a Single Drop of Ambition Go to Waste.

When you feel depleted, it is difficult to pursue your passions, interests, and dreams. But without optimal hydration, every cell in your body struggles to perform at its best — leaving you thrown off by fatigue, dizziness, dry mouth, dry skin, and other negative effects dehydration has on your health. To quench your thirst for life, water alone may not be enough. You need a convenient way to transform regular water into the hydration super force your cells (and ambitions) truly crave.

## Hello, Plexus Hydrate!

Prioritizing hydration is important for your health. That is why you need help from a brand with trustworthy products that are easy to use and are proven to work. Plexus Hydrate is a convenient drink mix you and your family can enjoy on the go or at home, featuring a proprietary blend of electrolytes, antioxidants, minerals, and vitamin C that delivers superior hydration in every sip.

## Replenish Yourself. Revitalize Your Day.

Imagine more days where getting your 8 cups per day is easier than ever. Plexus Hydrate eliminates the hassle of staying replenished and balanced before, during, and after physical activity. Whether you are on the job, on the town, on the go, or on a break, you can enjoy these benefits and more:

- **Optimal performance** — Adequate hydration and electrolytes support the normal function of your body's muscles, nerves, heart, and even brain.
- **Optimal balance** — Replenishing fluids and electrolytes helps to balance the amount of water you have in your body and pH levels.
- **Optimal well-being** — Staying hydrated helps you look and feel your best so you can do more of the important things in life.

## Did You Know?

- Nearly 65% of your entire body is made up of water.<sup>1</sup>
- Hydration levels continuously shift throughout the day.<sup>1</sup>
- Even a 2% deficit in total body water (TBW) can have a negative impact on your mental and physical well-being.<sup>1</sup>
- A 4% deficit in TBW is considered a state of dehydration.<sup>1</sup>
- Maintaining the recommended daily water intake is necessary for healthy functioning of every system in the body, including the heart, brain, and muscles.
- More than half of adults in the United States don't drink enough water — because they are too busy, forget, or don't track it.<sup>2</sup>
- The average American drinks only 5 glasses of water per day — around half of the 8-10 cups recommended for optimal hydration by the USDA.<sup>2</sup>
- The amount of fluids you need shifts during exercise, and also in response to heat.<sup>3</sup>
- Electrolytes are essential minerals — like sodium, calcium, and potassium — that are vital to many key functions in the body.<sup>4</sup>

### Sources:

1. Klau, Jennifer. 2019. "Hydration: Through the Lens of Fitness and Health." American Fitness 37 (2): 22–33. <https://search.ebscohost.com/login.aspx?direct=true&AuthType=shib&db=fsh&AN=135869157&site=eds-live>

2. <https://nypost.com/2020/09/03/most-adults-dont-drink-enough-water-every-day-do-you/>

3. Veilleux, Jennifer C, Aaron R Caldwell, Evan C Johnson, Stavros Kavouras, Brendon P McDermott, and Matthew S Ganio. 2020. "Examining the Links between Hydration Knowledge, Attitudes and Behavior." European Journal of Nutrition 59 (3): 991–1000. doi:10.1007/s00394-019-01958-x

4. <https://www.cedars-sinai.org/blog/electrolytes.html>

## Hydrate Primary Benefits and Features

- Fortified with balanced electrolytes to help you rehydrate better than water alone
- Electrolyte drink mix
- Delivers fluids\*\* and electrolyte minerals for rehydration
- Helps replace electrolytes lost from physical activity
- Healthy hydration and electrolyte replenishment to support optimal wellness and performance
- Can be used with other Plexus® mixes to support a well-rounded daily wellness routine
- Hydration for activity, wellness, sun exposure, and travel
- Contains electrolyte minerals plus aloe vera, tart cherry, coconut water powder, sea salt, watermelon juice, zinc, and vitamin C
- Each serving provides 190% of the daily value of vitamin C, which is more than 2 whole oranges (based on the USDA.gov nutrient database for 1 raw orange of 154 g)
- Delicious blueberry acai and lemongrass flavor
- Only 10 calories per serving
- Good source of magnesium
- Excellent source of vitamin C and zinc
- Sweetened with stevia leaf extract
- Gluten free, vegan, and non-GMO
- No artificial colors†, flavors, sweeteners, or preservatives

## Who Should use Plexus Hydrate™?

Available in blueberry-acai and lemon lime, these refreshing flavored drink mixes are the ultimate hydration solution for anyone who is tired of feeling dehydrated and depleted or who needs help getting the recommended 8 cups of water per day. Hydrate is formulated to be a healthy choice for both adults and children, making it easy for the whole family to



stay hydrated anywhere, anytime. Hydrate is also a healthier alternative to sugar-filled sports drinks, offering a better way to replenish depleted fluids after physical activity.

Here's how it works:

### Purchase Plexus Hydrate

Grab your 30-day supply and add Hydrate to your monthly subscription order.

### Mix with water and drink up

For a refreshing beverage that quenches your thirst better than water alone, mix 1 packet or level scoop of Hydrate with 12-16 fl. oz. (350-470 mL) of cold water.

### Feel the difference advanced hydration makes

Replenish your body with the electrolytes it needs for optimal wellness and performance each day.



\*\*When prepared as directed  
†Added color from natural sources.

## Frequently Asked Questions

### What sets Plexus Hydrate™ apart?

The sports and hydration drink industry continuously grows, but the “better-for-you” drink market isn’t always aligned. Despite the popularity, many contain excessive (or unnecessary) sugars and calories. Hydrate takes the important goal and desire of your entire family staying hydrated and introduces a healthier option with 0 g of sugar, only 10 calories per serving, and delivers an on-the-go drink mix that not only has incredibly important electrolytes, but also the addition of antioxidants, minerals, and vitamin C to deliver superior hydration in every sip from a company you and your family can trust!

### Who should take Hydrate?

Hydrate is perfect for anyone seeking the general wellness benefits of hydration, such as helping to replace electrolytes lost from physical activity and supporting optimal wellness and performance. It will provide our Ambassadors and Customers a way to support their Health and Happiness by reducing the distress of the daily hydration chore — a complex electrolyte equation.

### Is Hydrate safe for the whole family?

Yes! Hydrate is safe to share with the entire family at home, on the go, or wherever your busy day takes you. Children ages 4-18 can drink one serving daily. Adults should use up to three times a day for best results.



### Can I take Hydrate with other products?

Yes! Hydration pairs well with all health and wellness goals and Plexus® products. Hydrate can be mixed with Plexus dietary supplement drink mixes, like Active, Slim Microbiome Activating, and Slim Hunger Control. It also is a great addition to any health and wellness plans, like supporting your active lifestyle, supporting your weight management goals, and, even, supporting a balanced gut!\*

### Is there a limit to how many Hydrate servings one can take in a day?

Adults may use Hydrate up to three times a day for best results. For children ages 4-18, it is recommended to enjoy once daily.

### What is the difference between Active and Hydrate?

Active and Hydrate are both fantastic products to support your health and wellness goals, in addition to your active lifestyle! Active focuses on supporting clean, long-lasting energy, boosting performance and mental clarity, and enhancing feelings of alertness. We recommend adults drink Active up to twice daily. Alternatively, Hydrate focuses on supporting hydration, specifically, for activity, wellness, sun exposure, and travel. Hydrate can be enjoyed by the whole family! Adults should use up to three times a day for best results, while children ages 4-18 are recommended to enjoy once daily. Active will help support enhanced energy levels for wherever the day takes you, while Hydrate will help ensure your body is maintaining proper hydration to support optimal wellness.\*

### Can Hydrate be mixed with our supplement drink mixes?

Yes! You can mix Hydrate with Plexus supplement drink mixes! Hydrate tastes delicious mixed with Active, Slim Microbiome Activating, and Slim Hunger Control. It could also be a nice boost for added flavor and benefits in your Lean shake!

### Will you be able to feel a difference after drinking Hydrate?

Outside of enjoying our refreshing flavors, you may not physically feel a difference immediately after drinking Hydrate. That doesn’t mean it isn’t helping your body with replacing electrolytes lost from physical activity or supporting healthy hydration for optimal wellness.

When you are not optimally hydrated, you may feel dizzy, thrown off, fatigued, have dry skin or a dry mouth, and experience a reduced ability to eliminate waste and unwanted substances that leave you feeling depleted and worn down. Hydrate will help support you feeling more hydrated so you can be at your best every day!

### Is it safe to drink while pregnant or breast feeding?

If pregnant or nursing, consult your physician prior to use.

### Is Hydrate gluten free, vegan, and non-GMO?

Yes! Hydrate is gluten free, vegan, and non-GMO.

### Is there any caffeine in Hydrate?

No, there is no caffeine content in Hydrate.



\*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.



Ingredient Glossary

Hydrate Blueberry Acai

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 10.2mg	90%
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, zinc citrate, and aloe vera (inner leaf fillet) powder.

**CONTAINS: Tree Nuts (coconut)**

Hydrate Lemon Lime

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)**



## Ingredient Glossary

**Calcium citrate** — As an electrolyte, calcium plays a role in maintenance of normal muscle contraction and nerve transmission.

**Magnesium citrate** — Magnesium is a cofactor in hundreds of metabolic reactions in the body. It is required for cellular energy metabolism, nerve conduction, and ion transport.

**Potassium citrate** — Potassium is both a mineral and an electrolyte your body needs to work properly. It helps your nerves function and muscles contract. It also helps your heartbeat stay regular.

**Sea salt (salt)** — Sodium is an essential electrolyte nutrient involved in the maintenance of normal cellular homeostasis and in the regulation of fluid and electrolyte balance. Its role is crucial for maintaining extracellular fluid volume because of its important osmotic action, and it is also important for muscle contractions and nerve transmission. Sea salt is a source of chloride. After sodium, chloride is the most abundant electrolyte in our blood and plays a key role in the regulation of body fluids, pH, and electrolyte balance.

**Sodium citrate** — Sodium citrate is a sodium salt of citric acid, used in foods and beverages to enhance flavors, as an antioxidant, or to adjust pH level.

**Zinc (zinc citrate)** — Zinc is an essential trace mineral that acts as a cofactor in approximately 300 different enzyme reactions. It contributes to our total physical and mental well-being. Zinc citrate is among the best forms of chelated zinc, being more absorbable than zinc sulfate, zinc acetate, zinc gluconate, or zinc oxide.

**Vitamin C (ascorbic acid)** — Vitamin C is an essential water-soluble vitamin that helps with a range of functions in the body, including providing antioxidant defense. Ascorbic acid is a water-soluble form of vitamin C.

**Tart cherry fruit powder** — Tart cherry powder is rich in polyphenols and demonstrates antioxidant properties.

**Coconut (Cocos nucifera) water powder** — Coconut is the fruit of coconut palm (*Cocos nucifera*). It is a palm tree native to the eastern tropical regions, grown in Asia, America, and Africa. Coconut water is the liquid found in a young green coconut and should not be confused with coconut milk. Coconut water is used in various parts of the world to help with rehydration.

**Watermelon (Citrullus lanatus) juice powder** — Watermelon is considered a “functional food” and a popular fruit endowed with important nutritional and bioactive compounds, providing several health benefits. Watermelon contributes substantially to

the antioxidant activity level of human diets. Watermelon juice has a refreshing taste, appealing aroma, and attractive color.

**Aloe vera (inner leaf fillet) powder** — Aloe vera contains antioxidants and polyphenols and is a superfood. The inner fillet of aloe vera is responsible for the plant's benefits of enhancing the absorption of certain micronutrients.

**Stevia leaf extract** — Stevia is a perennial herb native to South America that has been used for centuries as a traditional herb and a natural sweetener. The extract is prepared from the sweet-tasting leaves and is standardized to Rebaudiosides, ensuring a clean sweet flavor that does not have the bitter off-notes associated with inferior stevia extracts. The extract is purified by filtration and crystallized into a compound that is typically 200 times sweeter than table sugar and has 0 calories. Plexus® uses a pure, non-GMO stevia.

**Natural flavors** — Natural flavors are naturally occurring compounds that contribute to the unique flavor profiles found in foods. These various flavors are taken from essential oils, resins, essences, or extracts.

**Citric acid** — Citric acid can be found naturally in citrus fruits such as lemons and oranges. The citric acid in Plexus Hydrate™ is non-GMO.

**Silicon dioxide** — Silica is one of the most abundant minerals on earth. In Hydrate, the form used is a food-grade silica that is ultrapure and free of contaminants and helps powders mix more easily.

