

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 formulated 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

Did You Know?

- Nearly 65% of your entire body is made up of water.¹
- Hydration levels continuously shift throughout the day.¹
- Even a 2% deficit in total body water (TBW) can have a negative impact on your mental and physical well-being.¹
- A 4% deficit in TBW is considered a state of dehydration.¹
- 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.²
- 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.²
- The amount of fluids you need shifts during exercise, and also in response to heat.³
- Electrolytes are essential minerals — like sodium, calcium, and potassium — that are vital to many key functions in the body.⁴