

plexus. Hydrate

Replenish yourself with advanced hydration.

Getting enough water each day shouldn't have to feel like a chore, or leave you thirsting for more. Plexus Hydrate™ is the ultimate convenient hydration super force, delivering the electrolytes your body needs for optimal hydration and replenishment – all with a sugar-free formula and delicious flavour that 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 and refreshing formulated supplementary sports food drink mix you 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 to support physical performance. Whether you are on the job, on the town, on the go, or on a break, you can enjoy these benefits and more:

Optimal balance — Replenishing fluids and electrolytes helps to balance the amount of water you have in your body and pH levels.

Optimal support — Remain hydrated to do more of the important things in life.

Did You Know?

- Nearly 65% of your entire body is made up of water.¹
- Hydration levels continuously shift throughout the day.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.
- The amount of fluids you need shifts during exercise, and also in response to heat.²
- 80% of Aussies suffer from symptoms typical of dehydration on a daily basis.³



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=5h&AN=135869157&site=eds-live>

2. 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

3. <https://www.sunshinecoastdaily.com.au/news/80-australians-suffers-effects-dehydration/2934133/>



Hydrate Primary Benefits and Features

- Fortified with balanced electrolytes to help you rehydrate better than water alone
- Hydration for sporting activity
- Delivers fluids and nutritional electrolyte minerals for rehydration during exercise
- Helps replace electrolytes lost from physical activity
- Healthy hydration and electrolyte replenishment to support optimal sport performance
- Contains electrolyte minerals + aloe vera, tart cherry, coconut water powder, sea salt, watermelon juice, zinc, and vitamin C
- Can be used with other Plexus mixes to support a well-rounded exercise routine
- Sweetened with stevia leaf extract
- Only 39 kJ per serving
- Each serving provides more than 170% of the recommended dietary intake of vitamin C, according to the National Health and Medical Research Council.¹
- Good source of vitamin C and zinc
- Gluten free, vegan, and non-GMO
- No artificial colours, flavours, sweeteners, or preservatives

Who Should use Plexus Hydrate™?

This refreshing blueberry-acai flavoured drink mix is the ultimate hydration solution for adults who are tired of feeling dehydrated and depleted or who need help getting the recommended 8 cups of water per day. 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 level scoop with 350 - 470 mL of cold water.

Feel the difference advanced hydration makes

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



**When prepared as directed

¹ <https://www.nrv.gov.au/nutrients/vitamin-c>

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 kilojoules. Hydrate takes the important goal and desire of staying hydrated and introduces a healthier option with 0 g of sugar, only 39 kJ 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 can trust!

Who should take Hydrate?

Hydrate is perfect for adults seeking the general wellness benefits of hydration, such as helping to replace electrolytes lost from physical activity and supporting optimal 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.



Can I take Hydrate with other products?

Yes! Hydration pairs well with all health and wellness goals and Plexus® products. Try mixing with Plexus Slim® or Active to help support your active lifestyle. Or, try adding Hydrate to the neutral-flavoured Joyōme™ Multi-Action Collagen Complex to switch up your skincare routine.

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

Adults may use Hydrate once daily for best results.

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, supporting performance and mental clarity, and promoting 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. Active will help support energy

levels for wherever the day takes you, while Hydrate will help ensure your body is maintaining proper hydration to support optimal performance.

Can Hydrate be mixed with our other drink mixes?

Yes! You can mix Hydrate with Plexus drink mixes! Hydrate tastes delicious mixed with Active and Slim. It could also be a nice boost for added flavour and benefits in your Lean shake!

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

Outside of enjoying the refreshing blueberry acai taste, 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 performance.

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.



Ingredient Glossary

Nutrition Information

Servings per package: 40

Serving size: 1 scoop (about 4 g¹) (1 scoop mixed with 350 - 470 mL of cold water.)

	Quantity per serving	Quantity per 100 g
Energy	39 kJ	1,000 kJ
Protein	0 g	0 g
-Gluten	Nil detected	Nil detected
Fat, total	0 g	0 g
-Saturated	0 g	0 g
Carbohydrate	1 g	25.6 g
-Sugars	0 g	0 g
Sodium	170 mg	4.36 g
Vitamin C	80 mg	2.05 g
Calcium	70 mg	1.79 g
Magnesium	50 mg	1.28 g
Zinc	10.2 mg	262 mg
Chloride	70 mg	1.79 g
Potassium	200 mg	5.13 g

Ingredients: Natural flavours, 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)

Calcium citrate — An electrolyte source.

Magnesium citrate — Magnesium is a cofactor in hundreds of metabolic reactions in the body.

Potassium citrate — Potassium is both a mineral and an electrolyte your body needs to work properly.

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. 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 flavours, 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. 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. Ascorbic acid is a water-soluble form of vitamin C.

Tart cherry fruit powder — Tart cherry powder is rich in polyphenols.



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 juice has a refreshing taste, appealing aroma, and attractive colour.

Aloe vera (inner leaf fillet) powder — Aloe vera contains 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.

Ingredient Glossary



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 flavour 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 flavours — Natural flavours are naturally occurring compounds that contribute to the unique flavour profiles found in foods. These various flavours 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.

