

Hydrate™

Satisfy your thirst for life!

When you love Plexus Hydrate, you want to share the superior hydration benefits with family and friends to help them feel their best. Check out these facts and tips to quench their thirst for life and power their ambitions.

Why hydration is a superforce for your cells

Getting enough water each day supports optimal wellness so you can do more of the things that matter most in your life.

Adequate hydration is essential to:

- Physical performance — promote energy and sleep quality
- Mental stamina — support thinking, focus, and concentration
- Skincare — improved skin complexion and elasticity
- Digestive health — support proper elimination
- Weight — help increase satiety and boost metabolic rate

What to say about electrolytes

Electrolytes are essential minerals naturally found in our bodies, like sodium, calcium, potassium, and magnesium.

Here are a few primary reasons we need electrolytes to feel our best:

- Helps your body absorb water
- Plays a role in optimal muscle, heart, nerve, and brain function
- Helps balance your body's pH level
- Moves nutrients into your cells

What sets Hydrate apart

The sports and hydration drink market continues to rapidly grow, but many electrolyte and sports drinks are high in sugar, calories, artificial colors, and junk we do not need in our bodies.

Plexus Hydrate provides clean hydration with:

- Essential electrolyte minerals
- Excellent source of vitamin C and zinc
- Superior benefits of aloe vera, tart cherry, coconut water powder, and watermelon juice
- 0 grams of sugar
- Only 10 calories per serving
- Delicious blueberry acai or lemon lime flavor
- Sweetened with stevia leaf extract
- Gluten free, vegan, and non-GMO
- No artificial colors, flavors, sweeteners, or preservatives
- Blends well with other Plexus® mixes to support a well-rounded daily wellness routine.

You may share with a friend:

"I know you shared with me that you have been feeling run down. Did you know that could be connected to dehydration? I was so tired of feeling run down and struggled to pursue my passions. Fortunately, I found a simple, delicious way to help get adequate hydration every day. It is a refreshing drink mix called Hydrate. Not only does it help me feel replenished better than water alone, but I actually look forward to drinking more fluids each day instead of it being laborious. Would you like to try it?"

You may share with a friend:

"I know you live an active lifestyle and thought of you after we talked about wanting to avoid those sugary electrolyte drinks that are filled with calories. I was recently searching for a healthier option to stay hydrated and found one that I love. It has essential electrolytes, antioxidants, minerals, and vitamin C without the added sugar and excessive calories. I finally feel that I am doing my body a favor with Hydrate. I'd love to know what you think of it. Would you like to try it?"

You may share with a friend:

"Remember how we talked about wanting to drink more water? I finally found a delicious way to do so without adding empty calories to my diet. It's a delicious drink mix called Hydrate. It helped me get a handle on my thirst with the added benefits of aloe vera, vitamin C, and zinc. I don't feel guilty adding Hydrate to my water multiple times a day. There is no added sugar, and I love knowing it has the electrolytes and antioxidants I need to help me feel my best. Would you like to try it?"

If you have an active lifestyle, it is imperative to replenish electrolytes that can be lost due to sweating. Plexus Hydrate can help replenish essential nutrients and turn water into the hydration superforce your cells crave.