

POWDER HYDRATION

Coconut water + 5 minerals + 3 vitamins

- **Contributes to electrolyte balance**
- **With magnesium and taurine**
- **Lactose-free and vegan**

Powder Hydration is a supplement designed to keep the body in top shape during the most demanding workouts. With a formula rich in **natural ingredients** such as coconut water, potassium, chloride, magnesium, taurine, vitamin C, vitamin B2, and vitamin B6, among others, this supplement offers superior hydration, essential for optimizing performance.

Coconut water **helps replenish lost electrolytes**, while potassium and chloride contribute to fluid balance and muscle function. Magnesium **reduces fatigue and tiredness**, enhancing recovery. Taurine supports cardiovascular and muscle function, **increasing endurance**. Vitamins C, B2, and B6 act as antioxidants, **combating oxidative stress**, and **improve energy**, vitality, and focus during exercise.

Powder Hydration is perfect for maintaining energy and promoting quick recovery, whether in strength training or any intense physical activity.

Ingredients: 17% coconut water powder, calcium citrate, potassium citrate, acidulants: citric acid, malic acid; magnesium citrate, sodium chloride, taurine, flavorings, ascorbic acid (vitamin C), beet powder (Beta vulgaris L.), sweetener: sucralose; pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2).

PRESENTATION:
180g / 30 servings

MODO DE EMPLEO:
Mix 6 g of powder (1 scoop) with 300 ml of water.

RECOMMENDATION:
1 serving per day.

FLAVOR: Wild berries.



Información nutricional:	per serving**
Potassium***	300 mg (15%*)
Chloride	323 mg (40%*)
Calcium	200 mg (25%*)
Magnesium	112,5 mg (30%*)
Sodium	210 mg
Coconut water powder	1050 mg
Taurine	500 mg
Vitamin C	80 mg (100%*)
Vitamin B6	0,7 mg (50%*)
Vitamin B2	0,7 mg (50%*)

*% NRV = Nutrient Reference Values.

** Per serving: 6 g of powder in 300 ml of water.

*** From coconut water powder and potassium citrate.

