



Hydra 10

BLACKCURRANT

Net Weight 500g
per tub

- 1 Helps hydration before and during exercise
- 2 Enhances rehydration after training/competition
- 3 Can reduce episodes of cramping
- 4 Extra magnesium and B vitamins



Nutritional Values

Reference intake of an average adult (8400kJ/2000 kcal)

Serving size: 1 scoop (14.4g)

Servings per container: 35

Typical Values	Per 100g	Per 14.3g (Per Serving)
Energy	1281kJ 301kcal	183kJ 43kcal
Fats	0g	0g
of which saturates	0g	0g
Carbohydrates	75.33g	10.77g
of which sugars	70.17g	10.03g
Protein (Dry basis)	0g	0g
Salt	6.11g	0.87g

Active Ingredients	Per 100g	Per 14.3g (Per Serving)
Magnesium	340.91mg	48.75mg
Calcium	951.05mg	136mg
Vitamin B6	19.58mg	2.8mg
Vitamin B3 (Niacin)	22.38mg	3.2mg
Vitamin E	12.59mg	1.8mg
Vitamin B5	8.39mg	1.2mg

30mM
SODIUM

48.7g
MAGNESIUM

2.15%
LOW CARB

SUITABLE FOR
VEGETARIANS
& VEGANS

DAIRY FREE

NUT FREE

GLUTEN FREE

WHEAT FREE

Ingredients

Dextrose, Citric Acid, Sodium Chloride, Flavour, Inulin, Tri-Calcium Phosphate, Tri-Magnesium Citrate, Tri-Sodium Citrate, Colour (Beetroot Red), Fructo-oligosaccharides, Sweetener (Sucralose), Thickener (Xanthan Gum), dl-Alpha Tocopherol Acetate (Vitamin E), Niacinamide (Vitamin B3), Pyridoxine HCl (Vitamin B6), Calcium D-Pantothenate (Vitamin B5).

