

**THE WORLD'S BEST
ELECTROLYTES & MINERALS,
INSTANTLY**

We don't cut corners with cheap ingredients.
Your cells know the difference.

KETO ZERO SUGAR

VEGAN GLUTEN FREE

PALEO SOY FREE

NON GMO DAIRY FREE

PREMIUM SEA SALT

FULL MINERAL SPECTRUM

DELICIOUSLY SWEETENED

HOW TO USE

Add one Instant Hydration packet
to at least 16oz of water, mix well
and feel as good as it tastes.

**MADE WITH THE
BEST SALTS ON EARTH.**

Salt drives hydration. We use Earth's finest,
for those who demand more from water.

Instant Hydration Supports:

CELLULAR HEALTH

Every cell. Efficiently fueled.

ATHLETIC PERFORMANCE

Activate every muscle fiber.

EVERYDAY ENERGY

Powers cellular energy production.

RECOVERY

Supports healthy inflammatory response.

MENTAL CLARITY

Electrolytes power neurons.
Neurons power everything.

Hydration happens on a cellular level,
everything else is just drinking.

FRENCH SEA SALT | ZERO SUGAR

**INSTANTTM
HYDRATION**

PREMIUM ELECTROLYTE DRINK MIX

Cellular Optimization

Muscle Function

Everyday Energy



RASPBERRY LEMON-LIME WATERMELON

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS



VARIETY PACK

10 PACK

4 - 0.28oz (8.0g) RASPBERRY | 3 - 0.26oz (7.3g) LEMON-LIME
3 - 0.25oz (7.2g) WATERMELON NET WT. 2.66oz (75.5g)

Nutrition Facts	RASPBERRY	LEMON-LIME	WATERMELON
10 servings per container			
Serving size 1 Stickpack	(8.0g)	(7.3g)	(7.2g)
Amount Per Serving			
Calories	10	10	10
	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0g 0%	0g 0%	0g 0%
Saturated Fat	0mg 0%	0mg 0%	0mg 0%
Trans Fat	0g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%
Sodium	500mg 22%	500mg 22%	500mg 22%
Total Carbohydrate	<1g 0%	<1g 0%	<1g 0%
Dietary Fiber	0g 0%	0g 0%	0g 0%
Total Sugars	0g	0g	0g
Includes Added Sugars	0g 0%	0g 0%	0g 0%
Protein	0g	0g	0g
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	Vitamin D 0mcg 0%	0mcg 0%	0mcg 0%
	Calcium 170mg 15%	170mg 15%	170mg 15%
	Iron 0mg 0%	0mg 0%	0mg 0%
	Potassium 470mg 10%	470mg 10%	470mg 10%
	Magnesium 100mg 25%	100mg 25%	100mg 25%

Raspberry Ingredients: Instant Hydration Blend [Sea Salt, Magnesium Bisglycinate Chelate, Potassium Chloride, Calcium from mineralized algae, Sel Cris (French Grey Sea Salt)], Citric Acid, Malic Acid, Natural Flavors, Organic Stevia Leaf Extract, Organic Monk Fruit Extract.

Lemon-Lime Ingredients: Instant Hydration Blend [Sea Salt, Magnesium Bisglycinate Chelate, Potassium Chloride, Calcium from mineralized algae, Sel Cris (French Grey Sea Salt)], Citric Acid, Natural Flavors, Malic Acid, Turmeric Extract (color), Organic Stevia Leaf Extract, Organic Monk Fruit Extract, Spirulina Extract (color).

Watermelon Ingredients: Instant Hydration Blend [Sea Salt, Magnesium Bisglycinate Chelate, Potassium Chloride, Calcium from mineralized algae, Sel Cris (French Grey Sea Salt)], Citric Acid, Natural Flavors, Organic Stevia Leaf Extract, Malic Acid, Fruit and Vegetable Juice (color), Organic Monk Fruit Extract

DISTRIBUTED BY INSTANT HYDRATION INC.,
CARLSBAD, CA 92008 • (512) 814-6353 FINAL ASSEMBLY
IN THE USA WITH GLOBALLY SOURCED INGREDIENTS

MADE WITH ORGANIC SWEETENERS