

PODIUM HYDRO + SALT IS FORMULATED WITH HIGH QUALITY INGREDIENTS TO KEEP YOU HYDRATED AND MOVING DURING EVERY WORKOUT—DAY OR NIGHT.*

SUGGESTED USE: Mix one (1) level scoop with 6-8 ounces of water. **SHAKE WELL AND ENJOY!**



HYDRATION



ELECTROLYTES



ANYTIME OF DAY

WARNING: This product is intended for use by only healthy adults ages 18 or older. Pregnant or nursing women, individuals with known or suspected medical conditions, and those taking medications should not use this product. Consult a health care provider prior to using this or any dietary supplement. Discontinue use and seek immediate medical attention if you experience any adverse reaction to taking this product. This product contains caffeine and should not be used in combination with caffeine or stimulants from other sources. Too much caffeine may cause nervousness, irritability, sleeplessness, and sometimes rapid heartbeat. **DO NOT EXCEED 2 SCOOPS PER DAY.** Discontinue use two (2) weeks prior to surgery. Do not use if safety seal is damaged or missing. Store in a cool, dry place. **USE ONLY AS DIRECTED.**

Not for use by infants or children. Discontinue use and seek immediate medical attention if you experience any adverse reaction to taking this product. Keep out of reach of children.

CA PROP 65 WARNING: This product may expose you to chemicals including lead known to the state of California to cause cancer, birth defects, or other reproductive harm. Visit www.p65warnings.ca.gov for more information.

Proudly manufactured in the United States in a GMP compliant facility with ingredients of domestic and international origin.

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30 SERVINGS
HYDRO SALT + BCAA
SOUR WATERMELON
DIETARY SUPPLEMENT

NATURALLY & ARTIFICIALLY FLAVORED
NET WT. 420 G (14.82 OZ)



PODIUM®

HYDRATION & RECOVERY
NO ARTIFICIAL COLORS
NO SUGAR ADDED

SUPPLEMENT FACTS

Serving Size: 1 Scoop (14 g)
Servings Per Container: 30

	Amount Per Serving	%DV*
Podium Hydro + Salt		
Betaine Anhydrous	1500 mg	†
Sodium (as Himalayan Pink Salt, Sodium Chloride and Sodium Phosphate)	500 mg	22%
Coconut Water Powder (Cocos nucifera)	250 mg	†
Magnesium (as Magnesium Citrate, Magnesium Glycinate)	125 mg	30%
Potassium (as Potassium Phosphate)	100 mg	2%
Astragin® (10:1 <i>Astragalus membranaceus</i> and 50:1 <i>Panax notoginseng</i>) Root Extracts	50 mg	†
Podium BCAA		
Instantized BCAA 2:1:1 (Vegan)	6,000 mg	†
L-Leucine (Vegan)	3,000 mg	†
L-Isoleucine (Vegan)	1,500 mg	†
L-Valine (Vegan)	1,500 mg	†

*Percent Daily Values are based on a 2000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: Malic Acid, Citric Acid, Natural Flavors, Calcium Silicate, Silicon Dioxide, Sucralose, Acesulfame Potassium, Vegetable Powder (beet color).

ALLERGEN WARNING: Tree Nut (Coconut) Allergen.
Processed in a facility and/or manufacturing line that also processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanuts.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

GLUTEN FREE SOY FREE DAIRY FREE

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