

## What makes **SUPER HYDRATION BOOST** the Better Hydration and Electrolyte Aid?

The perfect *Electrolyte and Hydration support nutrients:*



### Selenium

Trace mineral essential to protect cells (antioxidant formation). Can become depleted when a body is dehydrated.

### Chromium

Trace mineral that regulates the action of insulin, a hormone produced by the pancreas that regulates the breakdown of carbohydrates, fats and proteins. Can become depleted when a body is dehydrated.

### Zinc

Trace mineral that supports enzyme activity and immune function. Can become depleted when a body is dehydrated.

### Phosphorus

Mineral found in every cell. Supports healthy acid-base balance. Can become depleted when a body is dehydrated.

### Sodium

Supports healthy body fluid balance, proper nerve function and muscle contraction. Influences performance of other minerals. Supports normal blood pressure.

### Potassium

Supports healthy body fluid balance. Supports healthy muscle function and delays onset of fatigue.

### Calcium

Supports healthy muscle function and heart rhythm. Calcium is involved in the release of stored fuel from within the body.

### Chloride

The primary negatively charged electrolyte of the body. Supports fluid balance. Supports digestion.

### Kelp

Naturally provides sodium, chloride and iodine.

### Vanadium

Trace Mineral that supports enzyme activity and antioxidant formation in the body. Can become depleted when a body is dehydrated.

### Molybdenum

Trace mineral that supports enzyme production. Can become depleted when a body is dehydrated.

### Iodine

Trace mineral that supports proper thyroid function. Can become depleted when a body is dehydrated.

### Manganese

Trace mineral essential to proper body function. Can become depleted when a body is dehydrated.

# SUPER HYDRATION BOOST

## ELECTROLYTE FORMULA

Replenish Your Electrolytes and Stay Hydrated.



DIETARY SUPPLEMENT – 60 Servings  
 Net Weight: 178 g / 180 Vegetarian Capsules

## SUPER HYDRATION BOOST

helps hydrate the body and maintain normal fluid and electrolyte balance.



### What are your fluid levels?

The human body is approximately 60% water! By keeping your fluids in balance, you help the body function more efficiently and effectively.



### Purpose of SUPER Hydration BOOST

Support a healthy hydration level by providing important electrolytes and minerals to the diet. Electrolytes are special substances that are essential to human health and influence hydration. They are responsible for directing water (and nutrients) to the areas of the body where they are needed most—and for maintaining optimal fluid balance.

Besides maintaining fluid balance, electrolytes help your muscles to contract and relax and assist in the transmission of nerve impulses from your nervous system to various body parts.

## Supplement Facts

Serving size 1 Pouch (3 capsules) Servings per container 60		
	Amount per serving	% Daily Value
Calories	0	
Total Fat	0	
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0	
Sodium (as sodium citrate, sodium chloride, disodium hydrogen phosphate)	220 mg	10%
Vitamin C (as calcium ascorbate, ascorbic acid)	85 mg	90%
Calcium (as calcium ascorbate, calcium citrate malate)	26 mg	2%
Phosphorus (as disodium hydrogen phosphate)	25 mg	2%
Iodine (as potassium iodide)	250 mcg	170%
Magnesium (as magnesium hydrogen citrate)	8 mg	2%
Zinc (as zinc L- monomethionine)	1.5 mg	15%
Selenium (as L-selenomethionine)	5 mcg	10%
Manganese (as manganese gluconate)	0.08mg	4%
Chromium (as chromium picolinate)	20 mcg	60%
Molybdenum (as molybdenum amino acid chelate)	12 mcg	25%
Chloride (as sodium chloride)	100 mg	4%
Potassium (as potassium citrate)	340 mg	8%
Kelp	10 mcg	**
Vanadium (as vanadium sulfate)	10 mcg	**

Daily Values are based on a 2,000 calorie diet.  
 \*\* Daily Value Not Established

**Other Ingredients:** Vegetarian Capsule (HPMC), Microcrystalline Cellulose, Silica, Magnesium Stearate.

**Does Not Contain:** Sugar, casein, gluten, soy, milk, egg, yeast preservatives, artificial flavorings, artificial colorings, peanuts, tree nuts, corn or fish.



No Genetically Engineered Ingredients

Manufactured for:

Dry1 US Inc.  
 601 Cleveland Street, Suite 390  
 Clearwater, FL 33755

www.MyBodyManual.com

Made in a U.S. FDA Registered Facility in China



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