

## hydration sport drink mix

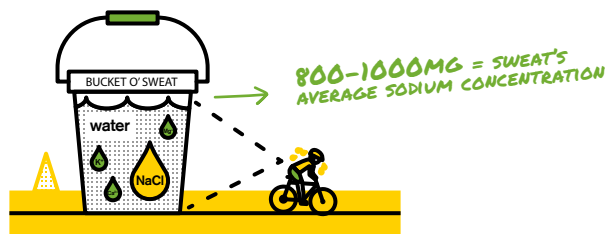
REPLACES THE ELECTROLYTES LOST IN SWEAT • PROVIDES A LITTLE BIT OF ENERGY • WON'T OFFEND YOUR PALATE OR GUT

### What's in sweat?

Sweat is made up of water and electrolytes

- 90% of the electrolytes in sweat are sodium and chloride\* (Na+ & Cl-)
- 10% is a mix of potassium, (K+), magnesium (Mg<sup>+</sup>), and calcium (Ca<sup>2+</sup>)

SODIUM IS THE MOST CRITICAL ELECTROLYTE FOR MAINTAINING OUR NERVOUS SYSTEM  
THE NERVOUS SYSTEM ALLOWS OUR BRAIN TO CONTROL OUR MUSCLES



AVAILABLE IN 6+ DELICIOUS FLAVORS

Skratch Labs

TORQ

High5

SIS

OTE



Hydration Sport Drink Mix

Performance Hydration Drink

ZERO Hydration Tablet

GO Electrolyte

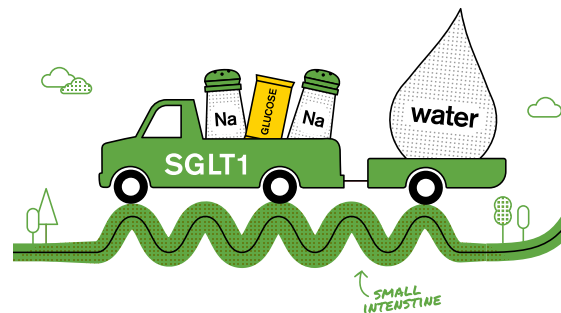
HYDRO TABS

Flavor Referenced	Lemon & Lime	Lemon	Citrus	Lemon & Lime	Lemon
Serving Size (dry)	22 g	18 g	4 g	40 g	4 g
Recommended Serving Mixed	473 ml	500 ml	750 ml	500 ml	500 ml
Carbohydrates per Serving	21 g	16 g	0.7 g	36 g	0.49 g
Electrolytes per Serving	<b>Sodium</b> Human Sweat Average: 1,000 mg/L 380 mg 803.1 mg/L	275 mg 550 mg/L	250 mg 333 mg/L	200 mg 400 mg/L	0.37 mg 0.70 mg/L
	<b>Potassium</b> Human Sweat Average: 100 mg/L 39 mg 82.4 mg/L	63 mg 126 mg/L	70 mg 93 mg/L	60 mg 120 mg/L	22 mg 44 mg/L
	<b>Magnesium</b> Human Sweat Average: 50 mg/L 39 mg 82.4 mg/L	6 mg 12 mg/L	56 mg 74 mg/L	5 mg 10 mg/L	7 mg 14 mg/L
	<b>Calcium</b> Human Sweat Average: 50 mg/L 44 mg 93.6 mg/L	26 mg 52 mg/L	9 mg 12 mg/L	27 mg 54 mg/L	30 mg 60 mg/L
Sweetner Type	Cane Sugar, Dextrose	Sucrose, Glucose	Sucralose	Aspartame	Stevia
Flavoring Agent	Lemon Oil, Lime Oil, Lemon Juice, Lime Juice	Natural Flavourings	Natural Flavourings	Natural Flavourings	Natural Flavourings

### Why use sugar?

Adding sodium and glucose to a drink solution causes water to absorb faster than water alone

- Water actively moves across the gut into the body when paired with sodium and glucose using a mechanism called the sodium glucose transporter one. → OR SGLT1 FOR SHORT
- SGLT1 moves a large amount of water. The transport of two molecules of sodium and one molecule of glucose facilitates the transport of 210-260 molecules of water.



\*Skratch Labs Hydration Sport Drink Mix intentionally does not replace chloride ion. Instead we pair our sodium with de-acidified fruit acid or citrate, which is less irritating to the gut compared to chloride.