



Skratch Labs Sport Hydration Mix - Box of 20 Servings

skratch LABS



-SL-UK-XPF20

All natural sports drink
Contains no artificial colours or preservatives
Box of 20 servings

Pack Quantity Piece
Price : £0.00 inc VAT

Overview

Our Sport Hydration Drink Mix was created for a simple purpose - to replace the electrolytes lost in sweat and to provide a little bit of energy when working out, without offending your palate or gut.

We initially created this drink because some of the world's best athletes needed better. Conventional sports drinks made them sick. They were undrinkable - too sweet, over-flavored, and didn't even replace what was lost in sweat - which defeated the whole purpose, like fighting thirst with more thirst.

The best athletes needed something to safely hydrate, something to quench their thirst, and something to help them perform better. So with their help, we reimagined sports drinks, stripping down what used to be a neon-colored carnival to its bare essentials. In the process, we learned that simple wasn't just better for elite athletes, it was better for everyone who works hard and sweats.

The result is a sports drink with less sugar (4% or 4 g per 100 ml) and a ratio of sugar (glucose + fructose) that is optimized for faster absorption, an electrolyte profile that actually matches what is lost in sweat (800 mg sodium, 80 mg potassium, 100 mg calcium, and 80 mg of magnesium per liter), and only real fruit for flavor for a light and refreshing taste that you can drink all day. That's it - less sugar, the right electrolyte profile, and real fruit. So, if you've never met a sports drink you wanted to take home, your luck is about to change.

Drink when thirsty and leaking like a busted fire hydrant. Don't drink while deep in the middle of a Netflix marathon session or sending emails (unless, you're also on your trainer). Meaning, if you haven't earned it, you don't deserve it.

For proof, click [here](#) to check out the science behind staying hydrated.

Also, you might like to know that these drink mixes are verified non-GMO, gluten free, dairy free, vegan and Kosher cause that's just how they came out.

INGREDIENTS

Lemon & Lime: Cane Sugar, Dextrose, Sodium Citrate, Citric Acid, Magnesium Lactate, Calcium Citrate, Potassium Citrate, Lemon Oil, Lime Oil, Lemon Juice, Lime Juice, Ascorbic Acid (Vitamin C).

Oranges: Cane Sugar, Dextrose, Sodium Citrate, Citric Acid, Magnesium Lactate, Calcium Citrate, Orange Oil, Potassium Citrate, Orange Juice, Ascorbic Acid.

Matcha & Lemon: Cane Sugar, Dextrose, Sodium Citrate, Citric Acid, Matcha Green Tea, Magnesium Lactate, Calcium Citrate, Potassium Citrate, Lemon Oil, Lemon Juice, Ascorbic Acid (Vitamin C). Contains about 16 mg of naturally occurring caffeine from the Matcha tea (per 16 fl oz.). For comparison, an 8oz cup of coffee has 70-100 mg of caffeine.

Strawberry Lemonade: Cane Sugar, Dextrose, Sodium Citrate, Citric Acid, Strawberry Powder, Magnesium Lactate, Calcium Citrate, Lemon Oil, Potassium Citrate, Lemon Juice, Ascorbic Acid.

USAGE

To use add one scoop to 12 to 16 fl oz (350 to 500 ml) of water and shake. As a starting point, drink 1-2 servings for each hour of exercise, but also mind your thirst. Drink when thirsty. Don't drink when not thirsty.

You may be the type who likes to gaze at your sports drink after shaking. If so, you may see small particles that don't dissolve completely. What you're seeing is called fruit. That stuff that people are always telling you to eat. So relax and enjoy. It's real food for real flavor.

Things to remember:

- 2X the sodium and 1/2 the sugar of conventional sports drinks.
- Verified non-GMO, gluten-free, dairy-free, vegan and Kosher.
- Made with real fruit.
- If you don't replace what you lose in your sweat you may not be rehydrating.