



HydraActiv

Increase Hydration - Decrease Inflammation

3 out of 4 people suffer from dehydration; that's 75% of the human population drinking less than 2.5 cups/glasses of water per day. The average healthy male should drink at least 15 cups/glasses of water per day, while the average healthy female should drink at least 11 cups/glasses of water per day.

WHAT HAPPENS TO OUR BODY WHEN IT BECOMES DEHYDRATED?

Think of your body as a well-oiled machine, and water is the fuel that keeps it operating properly. When you fill your body with enough water, the cells in your body increase their chances of functioning optimally. As a result, you will experience:

- Improved digestion
- Improved cardiovascular health
- Enhanced cognitive function
- Increased energy
- Reduced fatigue and more

If your body does not receive sufficient hydration, it will lead you to experience:

- Fatigue / Sluggishness
- Headaches
- Dizziness / Fainting
- Muscle cramps
- Urinary problems
- Reduced concentration
- Dry skin
- Weakened immune system

Unfortunately, committing to drinking 11-15 cups/glasses of water a day can be a struggle and daunting task for most, and that is why Cerule has formulated the ultimate hydration solution - **HydraActiv**. One stick pack of **HydraActiv** alone is equivalent to 3 bottles/glasses of water. Supplementation with **HydraActiv** will help you achieve your average daily intake of 11-15 cups/glasses of water in no time.

HydraActiv contains 3x the electrolytes of normal sports drinks, Cerule's exclusive supplement - Cyactiv, and the most bioavailable form of magnesium - magnesium glycinate. Together, these supreme ingredients help accelerate hydration in the body, decrease inflammation throughout the body, improve cardiovascular health, and boost your immune system. **HydraActiv** will help you experience transformative power from within to help you achieve a strong, healthy, and active lifestyle.

WHY IS MAGNESIUM GLYCINATE INCLUDED IN HYDRAACTIV?

Magnesium is a naturally occurring mineral that is important for many systems in the body, especially the muscles and nerves. As a mineral supplement, Magnesium Glycinate is used to prevent and treat low amounts of magnesium in the blood. Magnesium is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation.

When added to Cerule's **HydraActiv**, Magnesium Glycinate contributes to:

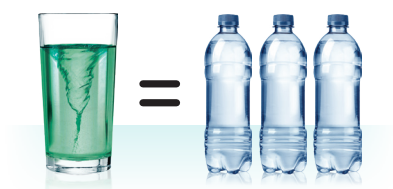
- Reduction of tiredness and fatigue
- Electrolyte balance
- Normal energy-yielding metabolism
- Normal functioning of the nervous system
- Normal muscle function
- Normal protein synthesis
- Normal psychological function
- The maintenance of healthy bones
- The maintenance of healthy teeth
- Blood pressure regulation
- Blood glucose control
- Improved sleep
- Decrease in anxiety

WHAT ARE THE INGREDIENTS IN HYDRAACTIV?

INGREDIENTS	DESCRIPTION BENEFITS
Cyactiv	<ul style="list-style-type: none"> A clinically proven formula that helps reduce inflammation throughout the body in order to support mobility, flexibility, and function. The blue in Cyactiv that comes from the Phycocyanin, a concentrate of Spirulina (blue-green algae), combined with lemon (yellow) creates the beautiful, natural teal green color of HydraActiv.
Vitamin C	<ul style="list-style-type: none"> One of the symptoms of dehydration is dry skin. Vitamin C plays a vital role in the hydration of the skin because the skin contains high levels of Vitamin C.
Vitamin B1 (Thiamin) Vitamin B2 Pantothenic Acid (Vitamin B5) Vitamin B6 (Riboflavin)	<ul style="list-style-type: none"> All B vitamins help the body convert food (carbohydrates) into fuel (glucose), which the body uses to produce energy. These B vitamins, often referred to as B-complex vitamins, also help the body metabolize fats and protein.
Niacin	<ul style="list-style-type: none"> Niacin helps improve circulation and has been shown to suppress inflammation.
Folic Acid	<ul style="list-style-type: none"> Folic Acid is essential in producing healthy red blood cells.
Biotin	<ul style="list-style-type: none"> Biotin helps metabolize carbohydrates, fats, and amino acids, which are the building blocks of protein.
Magnesium Glycinate	<ul style="list-style-type: none"> Please see the importance of Magnesium in the section “Why is Magnesium Glycinate included in HydraActiv?”
Zinc	<ul style="list-style-type: none"> Zinc is essential in helping the immune system fight off bacteria and viruses.
Sodium & Potassium	<ul style="list-style-type: none"> Critical electrolytes that help deliver water to the body’s cells. A diet that is too low in sodium can increase the risk of dehydration.

SUGGESTED USE:

Add 1 stick pack to 16oz / 500ml of water and mix thoroughly before drinking. Take as needed to support hydration. Recommended by doctors and safe for kids.



*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.

INGREDIENTS & LABEL:

Supplement Facts

Serving Size: 1 Packet (16g)
Servings Per Container: 30

Amount Per Serving		% Daily Value*
Cyactiv®	300mg	+
Magnesium Glycinate	250mg	60%
Sodium	250mg	11%
Potassium	190mg	4%
Vitamin C	100mg	11%
Niacin	18mg	113%
Zinc	10mg	91%
Pantothenic Acid	6mg	120%
Vitamin B6	2.5mg	147%
Vitamin B2 (Riboflavin)	1.6mg	123%
Vitamin B1 (Thiamin)	1.2mg	100%
Folic Acid	200mcg	50%
Biotin	80mcg	267%

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established