



Hydra+

20 Tablets
1 tube

LEMON

BLACKCURRANT

- 1 Easy, fast-acting dissolvable tablets for hassle-free hydration
- 2 Promotes hydration before and during exercise
- 3 Enhances rehydration after training or competition
- 4 Contains magnesium to reduce chance of muscle cramping

Nutritional Values Based on Lemon Flavour

Serving size: **1 tablet (3.9g)**

Reference intake of an average adult (8400kJ/2000 kcal)

Servings per tube: **20**

Typical Values	Per 100g	Per 3.9g (Per tablet)
Energy	876.17kJ 208.61kcal	33.82kJ 8.05kcal
Fats	0g	0g
of which saturates	0g	0g
Carbohydrates	27.36g	1.06g
of which sugars	23.84g	0.92g
Protein (Dry basis)	0.11g	0.00g
Salt	12.45g	0.48g
Fibre	1.26g	0.05g

Typical Values	Per 100g	Per 3.9g (Per tablet)	NRV% (Per tablet)
Vitamin B6	72.15mg	2.8mg	200%
Vitamin E	46.38mg	1.8mg	15%
Niacin (Vitamin B3)	82.46mg	3.2mg	20%
Pantothenic Acid (Vitamin B5)	30.92mg	1.2mg	20%
Calcium	3504mg	136mg	17%
Magnesium	1256mg	48.75mg	13%
Sodium	4940mg	190mg	

190mg
SODIUM

48.7g
MAGNESIUM

1.06g
LOW CARB

V+
SUITABLE FOR
VEGETARIANS
& VEGANS

NUT FREE

Ingredients

Acid: Citric Acid, Dextrose Monohydrate (Glucose Syrup), Acidity Regulator: Sodium Bicarbonate, Calcium Carbonate, Magnesium Citrate, Flavouring: Lemon (Maltodextrin, Gum Arabic, Flavouring Preparations, Silicon Dioxide), Maize Starch, Sweetener: Sucralose, dl-a Tocopherol Acetate (Vitamin E) (Modified Food Starch), Pyridoxine Hydrochloride (Vitamin B6), Nicotinamide (Vitamin B3), Calcium D-Pantothenate (Vitamin B5)

