



Hydra Fuel

MIXED BERRY      ORANGE

Net Weight 1KG

1 Isotonic formula to boost energy and hydration

2 Helps to maintain power, speed and concentration during intense bouts of exercise

3 Prolongs exercise performance through increased carbohydrate availability

4 Contains magnesium to reduce chance of muscle cramping



Nutritional Values Based on Mixed Berry Flavour

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

Typical Values	Per 100g	Per 40g (serving)	Typical Values	Per 100g	Per 40g (serving)	NRV% (Per tablet)
Energy	1546kJ 364kcal	618kJ 146kcal	Calcium	340mg	136mg	17%
Fats	0g	0g	Magnesium	140.62mg	56.25mg	15%
of which saturates	0g	0g	Chloride	1042.5mg	417mg	52.13%
Carbohydrates	90.94g	36.38g	Vitamin E	10mg	4mg	33.33%
of which sugars	25.24g	10.10g	Vitamin B3	10mg	4mg	25%
Protein (Dry basis)	0.01g	0.00g	Vitamin B6	7mg	2.8mg	200%
Salt	2.18g	0.87g	Vitamin B5	3.75mg	1.5mg	25%



Ingredients

Maltodextrin, Dextrose, Acidity Regulator (Citric Acid, Tri-Sodium Citrate), Flavouring, Sodium Chloride, Inulin, Tri-Calcium Phosphate, Tri-Magnesium Citrate, Colour (Beetroot Red), Sweetener (Sucralose), Stabiliser (Xanthan Gum), dl-Alpha Tocopherol (Vitamin E), Niacin (Vitamin B3), Pyridoxine HCl (Vitamin B6), Calcium D-Pantothenate (Vitamin B5).

