

REHYDRATE: FOR PRO'S, STUDENT ATHLETES & FAMILIES ALIKE-

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Did you know that AdvoCare Rehydrate is the official sports drink of Major League Soccer?



Did you know that AdvoCare Rehydrate is an excellent choice for basketball athletes?

If you had to pick only one AdvoCare product, Rehydrate would be a fantastic choice for active athletes and families!



The assumption may be that Rehydrate is for "sweaty athletes" only...

And as great as it is during physical performance, the reality is that anyone can benefit by being better hydrated and utilizing electrolytes that help with overall bodily function and removal of toxins.

Did you know your metabolism operates more efficiently when hydrated?

Want a great post dinner healthy option with no caffeine? Try Rehydrate in the evenings.

The benefits are numerous... below is more info from the AdvoCare.

KEY BENEFITS:

- * Helps the body stay hydrated during physical activity
- * Includes amino acids to help feed your muscles
- * Fuels your body with carbohydrates for energy production and sustained muscle endurance
- * Contains antioxidants to fight free radicals commonly produced during exercise
- * Helps prevent cramping during and after exercise

THE ISSUE:

Water is the basis for all body fluids and an essential part of many metabolic processes. Fluids are lost during prolonged exercise, outdoor activities at elevated temperature and even during indoor workouts and cooler temperatures, and it is important they are replaced. As much as two quarts of water can be lost in one hour of intense exercise+. Studies have found that athletes who lose as little as two percent of their body weight through sweating have a drop in blood volume, which causes the heart to work harder to circulate blood. A drop in blood volume may also lead to muscle cramps, dizziness, fatigue and even heat stroke+.

Individuals may be completely unaware of these occurrences. According to the Texas Heart Institute, feeling thirsty is not the best indicator of your body's water needs, because thirst occurs after your body is already dehydrated. Also, your thirst is usually satisfied even before your body's water supply is fully replaced. This means that during workouts, you should drink water even if you do not feel thirsty+.

THE SOLUTION: Rehydrate

Rehydrate Electrolyte Replacement Drink (Mix) provides the necessary nutrients to maintain proper metabolism and delay the onset of fatigue. It hydrates your body by re-establishing your electrolyte balance with its superior formulation. Rehydrate Drink has a low glycemic index that produces a more gradual insulin response and is isotonic, thus providing rapid gastric emptying and rapid rehydration. Furthermore, this drink helps support the body's energy cycle and provides carbohydrate fuel necessary for energy production.

Unlike other sports drinks, Rehydrate Electrolyte Replacement Drink (Mix) includes antioxidants, carbohydrates, electrolytes, a powerful patented ingredient known as Sustamine™ and other nutrients that effectively promote optimal hydration and recovery. Rehydrate Drink has a 1:1 ratio of sodium and potassium, two of the most vital electrolytes that are lost when we sweat. Rehydrate Drink helps prevent cramping by providing calcium, magnesium and L-glutamine to support the contraction and relaxation phases of the muscles.

Sustamine™ (L-Alanyl-L-Glutamine) Sustamine™ is a dipeptide of the amino acids, L-alanine and L-glutamine. This dipeptide enhances electrolyte and water absorption as well as promoting higher serum bioavailability and absorption of L-glutamine, compared to L-glutamine alone. It plays an important role in enhancing the immune system, muscle protein synthesis and energy production through gluconeogenesis.

This amazing sports drink also helps sustain carbohydrate energy by including chromium in its unique formulation, strengthening endurance at any activity level. Furthermore, the antioxidants in Rehydrate Drink help fight the effects of free radicals, and the amino acids support blood flow throughout the cardiovascular system. Rehydrate Electrolyte Replacement Drink (Mix) provides a complete spectrum of ingredients for hydration that far exceeds other leading sports drinks, making it a superior choice for the serious or casual athlete.

Directions For Use: For ages 4 and older.

To prepare, shake or stir contents of one pouch or scoop into 8 fluid ounces of water. Drink liberally before, during and after physical activity.

Key Ingredients:

L-arginine, calcium, magnesium, sodium, potassium, chromium, thiamine (B-1), Sustamine™ + Resources

University of Iowa Healthcare, New World Encyclopedia, Texas Heart Institute

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