



AdvoCare® Rehydrate

Electrolyte Replacement Drink

The most advanced sports drink on the market

Rehydrate electrolyte replacement drink 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. When we sweat, we lose electrolytes, carbohydrates and much more. Rehydrate sports drink provides the most comprehensive formulation to give your body what it needs before, during and after exercise. Each serving of Rehydrate drink provides:



- A full spectrum of **crucial electrolytes** for improved electrolyte balance
- **Superior nutrition** for sustained activity and recovery
- **Carbohydrate fuel** necessary for energy production and sustained muscle glycogen levels
- **B-vitamins** to help support your body's natural energy production
- **Amino acids** to help feed your muscles
- **Antioxidants** to fight the free radicals that are common during exercise

Ingredients	AdvoCare® Rehydrate	Gatorade® Thirst Quencher	Gatorade® Endurance Hydration Formula™	Coca-Cola® Powerade®	Coca-Cola® Powerade Option™	CytoSport Inc.™ Cytomax®	EAS® Cytovol® HP
Calories	50	50	60	65	10	48	100
Total Carbohydrate	12g	14g	15g	17g	2g	10g	18g
Sugars	9g	14g	14g	15g	2g	6g	1g
Sodium	100mg	110mg	200mg	53mg	50mg	50mg	140mg
Potassium	100mg	30mg	90mg	32mg	35mg	55mg	45mg
Magnesium	24mg	-	3mg	-	-	<2%	-
Calcium	100mg	-	6mg	-	-	<2%	-
Chromium polynicotinate	5mcg	-	-	-	-	25mcg	-
Beta-carotene	1000 IU	-	-	-	-	-	1138 IU
Ascorbic acid	120mg	-	-	-	-	60mg	55mg
Thiamine hydrochloride	150mcg	-	-	-	-	-	-
Riboflavin	170mcg	-	-	-	-	-	390mcg
Niacinamide	2mg	-	-	2mg	2mg	-	5mg
Calcium pantothenate	600mcg	-	-	-	-	-	2.3mg pantothenic acid
L-glutamine	yes	-	-	-	-	yes/ L-glutamic acid	3g
L-glutathione	yes	-	-	-	-	-	-
L-arginine	yes	-	-	-	-	-	-
Pyridoxine alpha-ketoglutarate	yes	-	-	-	-	-	-
Caffeine	no	no	no	no	no	yes	no

Don't settle for anything but the best.

Get more with AdvoCare® Rehydrate drink

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