

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 and 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 physical activity. Each serving of Rehydrate 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 and assist with recovery
- **Antioxidants** to fight the free radicals that are common during exercise

Ingredients	AdvoCare® Rehydrate	PepsiCo Gatorade® G® Powder Thirst Quencher	PepsiCo Gatorade® PRO 02 ENDURANCE FORMULA	PepsiCo Gatorade® PRO 02 PERFORM GATORLYTES	Coca-Cola® Powerade ION ⁴ ®	Coca-Cola® Powerade ION ⁴ ® BOOST	CytoSport Inc.™ Cytomax®
Calories	40	50	50	0	50	25	90
Total Carbohydrates	9g	14g	14g	-	14g	6g	22g
Sugars	6g	14g	14g	-	14g	6g	12g
Sodium	100mg	100mg	200mg	780mg	100mg	1000mg	120mg
Potassium	100mg	30mg	90mg	400mg	25mg	540mg	60mg
Magnesium	40mg	-	3mg	40mg	1.2mg	12mg	14mg
Calcium	100mg	-	6mg	60mg	2.5mg	24mg	6mg
Chromium	4.8mcg	-	-	-	-	-	50mcg
Beta-carotene	1000 IU	-	-	-	-	-	-
Ascorbic Acid	120mg	-	-	-	-	-	60mg
Thiamine hydrochloride	150mcg	-	-	-	-	-	-
Riboflavin (B ₂)	170mcg	-	-	-	-	-	-
Niacinamide (B ₃)	2mg	-	-	-	2mg	-	-
Pantothenic acid (B ₅)	600mcg	-	-	-	-	-	-
Pyridoxine (B ₆)	2mg	-	-	-	0.2mg	-	-
Cyanocobalamin (B ₁₂)	-	-	-	-	0.6mcg	-	-
L-glutamine	yes	-	-	-	-	-	-
L-arginine	yes	-	-	-	-	-	-

LEGEND:	Carbohydrates	Electrolytes	Antioxidants	B-vitamins	Amino Acids
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Don't settle for anything but the best!

Get more with AdvoCare® Rehydrate drink

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