



# performance hydration

for your active lifestyle

## Beyond Hydration

We know hydration is vital to athletic performance. Dehydration can lead to physical fatigue, muscle cramps and even impaired mental function.

Studies show the benefits of isotonic sports drinks go beyond simple hydration. In fact, Australian medical associations recommend a carbohydrate-based sports beverage throughout strenuous exercise to provide sustained power, replace energy and ensure rapid muscle recovery. Innergize!® performs better than water alone, replacing electrolytes and other key nutrients lost during exercise.

Features	Benefits
Includes essential electrolytes: sodium, magnesium, potassium and calcium	Crucial to maintaining concentration and healthy muscles, and helps prevent cramps.
Balance of simple and complex carbohydrates	Provide a speedy, sustained source of energy.
Isotonic formula	Quickly absorbed and utilised by the body, preventing dehydration and enabling the body to continue performing at its best.
Fructose	Most easily assimilated sugar for diabetics. Innergize does not include table sugar.

## Peak Performance

Innergize! provides your body with the essential electrolytes and energy it needs to stay in top form. It's the perfect complement to your active lifestyle. With Innergize!, you can excel — on or off the playing field!

**At the gym.** Keep yourself running with a bottle of Innergize! on the treadmill to replace electrolytes critical to endurance.

**On the field.** You'll be a winner when you fill the water bottles with Innergize! to give the footy team team an extra advantage.

**In hot weather.** Combat dehydration and overheating when you're mowing the lawn in the summer sun.

**For everyday energy.** Enjoy Innergize! daily for a refreshing way to keep you going through work and errands all week long.



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For more information or to order:  
[WealthThruNutrition.com/nz/Reliv-Products](http://WealthThruNutrition.com/nz/Reliv-Products)

