

# SUPERHYDRO®

HYDOSALINE ENERGY NUTRITIONAL SUPPLEMENT

WITH NEW GENERATION CARBOHYDRATES AND VITAMINS B AND C



MANAGING HYDRATION DURING SPORT



**SUPER HYDRATION FORMULA**  
SODIUM, POTASSIUM, MAGNESIUM, CALCIUM, VIT B1, VIT B5, VIT B6, VIT C

WITH HIGHLY BRANCHED CYCLIC DEXTRINS AND MALTODEXTRIN DE6  
**NEW GENERATION CARBOHYDRATES**

**MAINTAINS ENDURANCE PERFORMANCE DURING PROLONGED EXERCISE**  
**OPTIMISES WATER ABSORPTION DURING INTENSE ACTIVITY\***  
**PROVIDES OPTIMAL HYDRATION**

- BALANCED ELECTROLYTES FOR OPTIMAL HYDRATION
- HYPOTONIC - LOW OSMOTIC PRESSURE
- NEW GENERATION OF HIGH-EFFICIENCY SLOW-RELEASE CARBOHYDRATES
- WITH HB CD (HIGHLY BRANCHED CYCLIC DEXTRINS) AND MALTODEXTRINS DE6

## RECOMMENDED FOR:

- For those who need to hydrate effectively and manage their energy
- For those who have to face dehydrating and long workouts
- For those looking for high performance during endurance activities



## WHEN TO USE SUPERHYDRO®



FLAVOUR: LEMON  
PACKAGING: JAR 500 G - 20 DOSIS  
with internal dispenser and warranty seal

**SUPERHYDRO® IS A SPECIAL FORMULATION THAT MAINTAINS ENDURANCE PERFORMANCE DURING PROLONGED PHYSICAL EXERCISE (\*), OPTIMISES WATER ABSORPTION DURING INTENSE ACTIVITY (\*) AND ALLOWS OPTIMAL HYDRATION.**

(\* the effect is related to the solution prepared according to the indicated conditions of use

## FEATURES

SUPERHYDRO® is an energy hydrosalt food supplement developed to obtain a hypotonic mixture, with carbohydrates and electrolytes. The solution maintains endurance performance during prolonged exercise and increases water absorption during physical activity, for optimal hydration. The SH complex, characterized by new generation carbohydrates (highly branched cyclic dextrins and maltodextrin DE6), allows a differentiated energy delivery, with rapid and gradual release. The presence of B vitamins and vitamin C contributes to normal energy metabolism, reduction of fatigue and tiredness (vit. B6, pantothenic acid, vit. C), normal heart function (thiamine), normal formation of red blood cells (vit. B6) and the protection of cells from oxidative stress (vit. C). Sodium, potassium, magnesium and calcium are balanced for optimal electrolyte recovery.

## HOW TO USE AND RECOMMENDED DAILY DOSE

Dissolve 1 serving (3 scoops = 25 g) in about 500 ml of water. Take at regular intervals of 15-20 minutes. It is preferable not to exceed the maximum dose of 75g total powder, equal to about 3 bottles of solution, unless exceptional cases, such as races or occasional very long training.

## INDICATIONS

The product is particularly suitable for those who carry out intense and/or prolonged physical activity. It is useful for replenishing liquids and electrolytes lost during physical activity.

## INGREDIENTS

Carbohydrate complex SH (maltodextrin DE 19, glucose, highly branched cyclic dextrin (Cluster Dextrin®), maltodextrin DE 6, isomaltulose° (Palatinose®), fructose) (82%), acidifying agent: citric acid; sodium chloride, aroma, citrisodic, tripotassium citrate, Potassium gluconate, calcium carbonate, anti-caking agent: silicon dioxide; magnesium carbonate, sweetener: sucralose; L-ascorbic acid (vitamin C), pantothenic acid (calcium D-pantotenat), colorant: riboflavin; pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1). ° Isomaltulose is a source of glucose and fructose.

Warnings: Food supplements should not be seen as a substitute for a varied and balanced diet and healthy lifestyle. Do not exceed the recommended daily dose. Keep out of reach of children under 3 years of age. The minimum shelf life refers to the product in its undamaged, properly preserved packaging. Store the product in a cool and dry place, away from heat sources. Produced in a plant using ingredients based on milk (including lactose), soy, peanuts, other nuts, sesame seeds, eggs, crustaceans, fish. \*The product is tested free of anabolic steroids, stimulants and SARMS.

## NUTRITIONAL INFORMATION

	Per 100 ml	Per 1 dose	Per 3 dosis
<b>Valore energetico</b>			
kcal	341	85	256
kJ	1450	362	1087
<b>Valori medi</b>			
Fat	0 g	0 g	0 g
of which saturates	0 g	0 g	0 g
Carbohydrate	81 g	20 g	61 g
of which sugars	20 g	5 g	15 g
Fiber	0 g	0 g	0 g
Protein	0 g	0 g	0 g
Salt (Nax2.5)	4,03 g	1,01 g	3,02 g
Vitamin C	122 mg (152%)*	30 mg (38%)*	91 mg (114%)*
Thiamine (Vit. B1)	1,7 mg (152%)*	0,42 mg (38%)*	1,3 mg (114%)*
Vitamin B6	1,9 mg (136%)*	0,48 mg (34%)*	1,4 mg (102%)*
Pantothenic acid	7,2 mg (120%)*	1,8 mg (30%)*	5,4 mg (90%)*
Sodium	1600 mg	400 mg	1200 mg
Potassium	548 mg (27%)*	137 mg (7%)*	411 mg (21%)*
Calcium	242 mg (30%)*	60,4 mg (8%)*	181 mg (23%)*
Magnesium	113 mg (30%)*	28,1 mg (8%)*	84,4 mg (23%)*

\* = NRV: Nutrient Reference Values (adults) according to Reg. (EU) No 1169/2011  
1 Dose = 25 g (3 scoops)  
3 Dosis = 75 g (9 scoops, dose max/die)

OSMOLARITY: 180 mOsm/l (25 g / 500 ml of water)