

MYDRADE

HYDRATION+VITAMINS

SPORTS SUPPLEMENT DRINK

MYDRADE IS A SPORTS SUPPLEMENT DRINK DESIGNED FOR HYDRATION AND WELLBEING. THE SCIENTIFICALLY DESIGNED FORMULA HAS ALL THE KNOWN VITAMINS TO HELP WITH EXERCISE.

SEE THE BREAKDOWN BELOW TO SEE HOW EACH INGREDIENT CAN ASSIST YOU OR YOUR WORKERS TO HYDRATE FASTER AND CONTRIBUTE TO A HEALTHIER LIFESTYLE.



CONTAINS VITAMIN C, WHICH:

- Contributes to iron absorption from food
- Is necessary for normal connective tissue structure and function
- Is necessary for normal blood vessel structure and function
- Contributes to cell protection from free radical damage
- Is necessary for normal neurological function
- Contributes to normal collagen formation for the normal structure of cartilage and bones
- Contributes to normal collagen formation for the normal function of teeth and gums
- Contributes to normal collagen formation for the normal function of skin
- Contributes to normal energy metabolism
- Contributes to normal psychological function
- Contributes to the normal immune system function
- Contributes to the reduction of tiredness and fatigue

VITAMIN E, WHICH:

- Contributes to cell protection from free radical damage

VITAMIN B1 (THIAMINE), WHICH:

- Is necessary for normal carbohydrate metabolism
- Is necessary for normal neurological and cardiac function
- Contributes to normal energy production
- Contributes to normal psychological function

VITAMIN B2 (RIBOFLAVIN), WHICH:

- Contributes to normal iron transport and metabolism
- Contributes to normal energy release from food
- Contributes to normal skin and mucous membrane structure and function
- Contributes to normal functioning of the nervous system
- Contributes to the maintenance of normal red blood cells
- Contributes to the maintenance of normal vision
- Contributes to the protection of cells from oxidative stress
- Contributes to the reduction of tiredness and fatigue

VITAMIN B3 (NIACIN), WHICH:

- Is necessary for normal neurological function
- Is necessary for normal energy release from food
- Is necessary for normal structure and function of skin and mucous membranes
- Contributes to normal psychological function
- Contributes to the reduction of tiredness and fatigue

VITAMIN B6, WHICH:

- Is necessary for normal protein metabolism
- Is necessary for normal iron transport and metabolism
- Contributes to normal cysteine synthesis
- Contributes to normal cysteine synthesis
- Contributes to normal energy metabolism
- Contributes to normal functioning of the nervous system
- Contributes to normal homocysteine metabolism
- Contributes to normal glycogen metabolism
- Contributes to normal psychological function
- Contributes to normal red blood cell formation
- Contributes to normal immune system function
- Contributes to the reduction of tiredness and fatigue
- Contributes to the regulation of hormonal activity

VITAMIN B12, WHICH:

- Is necessary for normal cell division
- Contributes to normal blood formation
- Is necessary for normal neurological structure and function
- Contributes to normal growth and development
- Contributes to normal energy metabolism
- Contributes to normal homocysteine metabolism
- Contributes to normal psychological function
- Contributes to normal immune system function
- Contributes to the reduction of tiredness

BIOTIN, WHICH:

- Contributes to normal fat metabolism and energy production
- Contributes to normal functioning of the nervous system
- Contributes to normal macronutrient metabolism
- Contributes to normal psychological function
- Contributes to maintenance of normal hair
- Contributes to maintenance of normal skin and mucous membranes

CALCIUM, WHICH:

- Is necessary for normal teeth and bone structure
- Is necessary for normal nerve and muscle function
- Is necessary for normal blood coagulation
- Contributes to normal energy metabolism
- Contributes to the normal function of digestive enzymes
- Contributes to normal cell division

IRON, WHICH:

- Is necessary for normal oxygen transport
- Contributes to normal energy production
- Is necessary for normal immune system function
- Contributes to normal blood formation
- Contributes to normal cognitive function
- Contributes to the reduction of tiredness and fatigue
- Is necessary for normal cell division

MAGNESIUM, WHICH:

- Contributes to normal energy metabolism
- Is necessary for normal electrolyte balance
- Is necessary for normal nerve and muscle function
- Is necessary for teeth and bone structure
- Contributes to a reduction of tiredness and fatigue

- Is necessary for normal protein synthesis
- Contributes to normal psychological function
- Is necessary for normal cell division

IODINE, WHICH:

- Is necessary for normal production of thyroid hormones
- Is necessary for normal neurological function
- Is necessary for normal energy metabolism
- Contributes to normal cognitive function
- Contributes to the maintenance of normal skin
- Contributes to normal growth and development

FOLATE, WHICH:

- Is necessary for normal blood formation
- Is necessary for normal cell division
- Contributes to normal amino acid synthesis
- Contributes to normal homocysteine metabolism
- Contributes to normal psychological function
- Contributes to normal immune system function
- Contributes to the reduction of tiredness and fatigue

PHOSPHOROUS, WHICH:

- Is necessary for normal teeth and bone structure
- Is necessary for the normal cell membrane structure
- Is necessary for normal energy metabolism
- Contributes to normal growth and development

WHY WE NEED FLUIDS

Fluid is essential for life. The human body is made up of approximately 60% water.

We need fluid for many reasons, including:

- Regulate body temperature
- to carry nutrients around the body in the blood
- to help chemical reactions in our body take place
- to replace loss of fluid through sweating and breathing
- to get rid of waste products through urine

Many people don't recognise the signs of dehydration. These may include: • dark urine • small volume of urine excreted • headaches • tiredness and lack of concentration

DAILY FLUID INTAKE

Min: body mass (kg) x 0.03 = Litres per day
(e.g. 100 kg x 0.03 = 3L)

DEHYDRATION - THE EFFECTS

2% Dehydration

Lowered Cognitive Performance
Higher Rates of Perceived Effort
Lowered Strength and Endurance Levels

3-4% Dehydration

Increased: Core temperature, Heart rate and Perceived effort
Reduced: Aerobic capacity, reaction time, judgement, concentration and decision making abilities

>4% Dehydration

May be fatal
Emergency help may be required