



## Annex 1: product pictures



## ELECTROLYTE

Electrolytes are essential minerals within the body, helping to speed up hydration. They are important as they help to regulate nerve and muscle function as well as maintain acid-base balance and water balance. This means that when individuals exercise, they should replenish the electrolytes in their system lost through sweat.

**Our electrolyte sports drinks include crucial electrolytes, as well as three vital vitamins:**

- Vitamin B6 supports normal energy production, helps increase metabolism and boosts brain function, while helping to improve mood and reduce fatigue.
- Vitamin C is a powerful antioxidant that supports healthy cells and keeps them hydrated, while increasing energy.
- Vitamin D keeps your immune system healthy as the first line of defence, while vitamin C helps boost it. Vitamin D also aids the absorption of calcium, benefitting muscle and bone health.

### WOW HYDRATE

#### Electrolyte Helps With:

##### Dehydration

Good hydration means getting the right amount of water before, during, and after exercise. When an individual is well hydrated, nutrients will be transported more easily, providing more energy, and helping concentration levels.

## MAXIMISE YOUR HYDRATION



#### Available Flavours:

• LEMON & LIME • ORANGE



##### Fluid Balance

Electrolytes are lost from the body in sweat, and these need to be replaced to maintain fluid balance.

