



# HEART AND HYDRATION™

SUPER-HYDRATE AND SUPPORT HEART HEALTH

**POWER UP. HYDRATION = HEALTH.**

See how HEART & HYDRATION stacks up.



	TruVision Health HEART & HYDRATION 1 pack or scoop (10g) makes one 8 fl. oz. serving	Gatorade Thirst Quencher 1 pack or scoop (14g) makes one 8 fl. oz. serving	ION4 Powerade Mountain Berry Blast 1 scoop (21g) makes one 8 fl. oz. serving	Advocare Rehydrate 1 pouch (12g) makes one 8 fl. oz. serving
Completely Avoids Use of Trans Fats				
Sugar	0g	13g	20g	6g
Potassium (as electrolyte)	150mg	30mg	35mg	100mg
B Vitamins	Vitamins B-6, B-12, Inulin		Vitamins B-6, B-12, Niacin	B-6, Niacin, Pantothenic Acid, Riboflavin, Thiamine
Antioxidant Nutrients	Ginseng			Beta-carotene, Vitamin C
Energy Pathway Compounds & Support	Di Potassium Phosphate	Sucrose, Dextrose	Sugar	Fructose, Maltodextrin, Malic Acid, Glutamine
Herbs & Botanical Support	Elderberry Ginseng			