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# FORTE HYDRA

Oral hydration solution for maintaining hydration & electrolytes.

## Nutritional Information

One Sachet provides:

			*%NRV
Potassium	157	mg	8
Sodium	291	mg	-
Citrates	335	mg	-
Chloride	425	mg	52
Dextrose	3.56	g	-

\*NRV = Nutrient Reference Values

Do not use Forte Hydra if you have diabetes or problems with your liver or kidney function, unless under instructions or the supervision of a qualified medical professional. Forte Hydra contains sodium, therefore individuals with a low-sodium diet must consult with a qualified medical professional before taking the product.



## SUMMARY

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- An electrolyte solution, scientifically formulated to rehydrate and replenish the body with the vital minerals, potassium, sodium and chloride.
- Also contains citrates and dextrose for synergistic effect.
- Tasty natural lemon solution.

## ELECTROLYTES

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Electrolytes are minerals dissolved in the body's fluids (blood, sweat, urine etc) which carry an electric charge and help to regulate and control the balance of fluids in the body. As the body consist of about 60% water, each fluid and cell contains electrolytes.

ForteHydra contains the key electrolytes sodium, potassium and chloride:

### SODIUM

Sodium is the main electrolyte needed by the body. It helps to maintain blood pressure as well as overall fluid balance, and it is essential for muscle and nerve function. Too little sodium in the blood is a condition known as hyponatremia. It is also possible for blood sodium levels to be too high, which can cause high blood pressure (hypertension).

### POTASSIUM

Similar to sodium, potassium helps to regulate fluid, and is essential for muscle and nerve function. It also helps to regulate the heart rate. Too little potassium in the blood is known as hypokalemia, and too much is known as hyperkalemia.

Sodium and potassium work together to regulate blood pressure. Higher levels of sodium will increase blood pressure, while higher levels of potassium will decrease blood pressure. They both must be present in the proper ratio for optimum blood pressure levels.

### CHLORIDE

Chloride is the negatively charged ion of the chemical chlorine. The body needs it to regulate blood pressure and volume as well as the balance and pH of bodily fluids. It works together with sodium and potassium in the body.

## MAINTAINING ELECTROLYTES IN THE BODY

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Electrolyte minerals are essential to a variety of important body processes, including regulating blood pressure, maintaining blood pH, muscle contraction, nerve function and generally keep your system functioning properly.<sup>1 2 3</sup>

In some cases, we can lose these minerals through intense exercise, sweating, vomiting or diarrhoea. This can lead to symptoms such as fatigue, headaches, weakness, cramping and dehydration.<sup>4 5 6</sup> In these cases an electrolyte solution such as Forte Hydra can help to quickly restore electrolytes and the fluid balance in the body.<sup>7 8 9</sup>

In particular, sodium is depleted through sweating. On average, the body loses 1 gram of sodium with every litre of sweat<sup>10</sup>. This is why electrolyte solutions are also favoured by athletes and sporting individuals.

## HYDRATION AND ELECTROLYTES

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Electrolytes are closely linked with hydration. Adequate hydration is essential for overall health. Water is necessary for virtually all body functions. Both electrolyte solutions and regular water count towards the body's daily fluid needs.

While normal water has electrolytes, electrolytes solutions contain the key minerals in a much higher concentration and can be particularly useful:

- When exercising for more than one hour.
- Where an individual sweats heavily during exercise.
- When an individual is ill, and is vomiting or has diarrhoea.
- When an individual is exposed to heat for long periods.

## **CITRATES AND DEXTROSE**

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Forte Hydra also contains citrates and dextrose.

The citrates are needed to address acidosis, which occurs frequently with dehydration. Glucose is also included in the solution to help the absorption of sodium and as an additional quick source of carbohydrate energy.

## **HOW TO USE FORTE HYDRA**

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Adults and children over 3 years, take one to two sachets daily. Dissolve one sachet in 200ml of drinking water. The oral solution should be made immediately prior to use and should not be stored. The sachet should not be reconstituted with a different volume of water than stated, or in any other liquid. Do not add sweetener or any other ingredients.

## **SCIENTIFIC REFERENCES**

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