

Nutritional Information

Hydrate Ingredients

Matcha Green Tea

Rich source of L-theanine for calm, focussed energy

Yerba Mate (120mg)

Slow, sustainable energy release and improves cognitive performance.

Maca (80mg)

Improves endurance capacity and reduces harmful inflammation.

Baobab

Reduces harmful inflammation and supports your immune system.

Himalayan Pink Salts

Natural electrolyte to replace lost fluids

Per Serving

Caffeine	12mg	Carbohydrates	0.5g
Calories	3kcal	Protein	0.5g
Fat	<0.1g	Salt	0.5g