

# Use What the Pros Use.....

## AdvoCare Rehydrate



**Rehydrate electrolyte replacement drink provides a complete spectrum of ingredients for hydration that far exceeds other leading sports drinks**, making it a superior choice for the serious and casual athlete. The prevention of cramping, hydration of the body, replacement of key electrolytes and minerals and the inclusion of antioxidants, carbohydrates and other nutrients that promote “optimal” hydration and recovery is why the pros choose AdvoCare Rehydrate!

### “Rehydrate” vs. Gatorade®

REHYDRATE	GATORADE®
<p><b>Carbohydrates:</b> Contains a sequential carbohydrate profile of Krebs Cycle substrates, glucose polymers, and sucralose for sustained energy. Low glycemic index for minimal insulin response. Precisely formulated for isotonicity, thereby providing quick gastric emptying and effective rehydration. Sucralose is a sugar that is tasted but not absorbed.</p>	<p>Contains sucrose and glucose as sole carbohydrate sources which give energy boost but subsequent energy let-down due to evoked insulin response. Formulated isotonicity for carbohydrate profile.</p>
<p><b>Electrolytes:</b> Provides a <b>balanced (1:1) electrolyte composition of sodium and potassium</b> to replenish these vital elements lost in sweat and urine. Helps maintain proper cellular pH and optimize muscle energetics.</p>	<p>Replenishes sodium 4:1 over potassium, potentially leading to imbalance of electrolytes in the muscle cell membranes and throughout the organs. Low level of potassium can adversely affect tissue rehydration.</p>
<p><b>Mineral Composition:</b> Supplies calcium and magnesium which are vital to muscle physiology and energetics through Ca-Mg dependent ATP phase. Benefits both the contraction and relaxation phases of muscle activity for full power and <b>reduces cramping and enhances quicker recovery responses</b>.</p>	<p>Does not contain essential minerals.</p>
<p><b>Antioxidants:</b> Helps protect against exercise-induced free radical damage by inclusion of beta-carotene and ascorbic acid (vitamin C).</p>	<p>Does not provide these essential nutrients.</p>
<p><b>Energy Cycle Cofactors:</b> Provides a spectrum of co-enzymes and catalysts for energy production through Glycolysis, Krebs Cycle, and Oxidative phosphorylation. Optimizes the conversion of macro nutrients in to energy.</p>	<p>Does not provide these essential Cofactors.</p>
<p><b>L-Glutamine:</b> This important amino acid is included to help buffer and process lactic acid produced through physical activity, thereby <b>preventing muscle-cramping and reducing proneness to injury</b>. Also, serves as an energy source for mental function.</p>	<p>Does not provide this nutrient.</p>

**For More Information on AdvoCare Products Please Contact**

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