

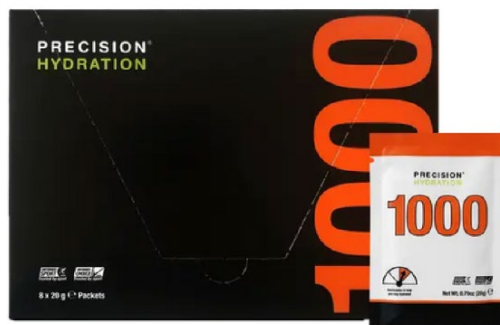
PRECISION HYDRATION ELECTROLYTE DRINK



**Precision Hydration Packets will be provided at LTA events.
Please follow the guidelines for use below**

Hydration Packets provide you with the electrolytes that are lost via sweat such as sodium, potassium and calcium and a small amount of carbohydrates.

Each sachet contains 1000 mg of sodium and 34 grams of carbohydrates and can be mixed with 500-1000ml of water, depending on how much you sweat



Hydration Packets can be used in combination with Precision Fuel 30 Carb Gels and Chew. These energy sources provide no electrolytes but provide an additional 30 grams of carbohydrates.

PRECISION FUEL



The Precision Fuel 30 Carb gels and Chews both provide 30 grams of carbohydrates but no electrolytes



Combine 1-2 gels or chew packages with a hydration package per hour of exercise