

**HyLytes are NSF Certified for Sport™.** That means they have been tested and are certified clean, safe, and compliant with the anti-doping policies of all sports, so use them with confidence...Professional athletes do, including pros in MLB, NFL, NHL, and the PGA, LPGA & Champions Tours.

**HyLytes** are for all types of athletes. Whether you are young or old, competitive or recreational, if you have ever felt fatigue during competition HyLytes with water will make a difference for you.

How many times have you played a great game until the last few minutes? HyLytes are electrolyte capsules that replace what you sweat out during competition – and with water HyLytes will help you FINISH strong. HyLytes are all natural and do not contain any stimulants. With water HyLytes facilitate the absorption of water and will prevent dehydration and the resulting fatigue.

**HyLytes – The Basics...**HyLytes are electrolyte capsules that contain no sugar, no caffeine or any stimulant, but taken with water they help prevent dehydration and will enhance endurance. While the difference is noticed in the 2<sup>nd</sup> half, don't wait until feeling fatigued to take them, by then it will be too late. HyLytes provide all the benefits of a sports drink without the downside of the excess sugar. There are no calories in HyLytes so you still need to eat at ½ time to help maintain your energy level and finish strong in the 2<sup>nd</sup> half.

Remember what you put in your body pre-game dictates 1<sup>st</sup> half performance and what you put in you body at ½ time dictates 2<sup>nd</sup> half performance. Begin taking HyLytes before you get tired, therefore preventing fatigue from ruining your game the second half when the game in on the line.

*F.Y.I...Sugar in sports drinks...There are approximately 9 packs of sugar in one 20oz. bottle of sports drink. With that much sugar, there is no way that a sports drink will help your game.*

**Usage Guidelines...**We say “**guidelines**” because nutrition is NOT one-size-fits-all, so what works for you may be different than what works for your teammates. HyLytes in capsule form are far more effective and beneficial because you can tailor intake based on individual needs. You cannot get that from a pre-mixed drink that has a finite supply of electrolytes.

The average person will take 1 to 2 HyLytes capsules per hour depending on the day. In the extreme heat you would likely take 2 to 3 (or more) capsules per hour (it all depends on the individual). Whereas, on cooler days, 1 HyLytes capsule per hour usually works just fine. Bottom line...the hotter it is → the more you sweat...the more you sweat → the more water you drink...the more water you drink → the more electrolytes you need. Some contributing factors to your individual HyLytes intake include: weather, your level of fitness, you body size and composition. See table below for usage guidelines:

Weight less than 135 lbs

- 1 capsule per hour during activity.
- 1 capsule after activity for re-hydration and recovery.

Weight less than 200 lbs

- 1 capsule prior to activity.
- 1 to 2 capsules per hour during activity.
- 1 to 2 capsules after activity for re-hydration and a faster recovery.

Weight above 200 lbs

- 1 capsule prior to activity.
- 2 to 3 capsules per hour during activity.
- 2 capsules after activity for re-hydration and a faster recovery.

\*\*Make sure you are drinking at least 16 ounces of water per hour during competition / exercise.

**Re-hydrate and Recover FASTER... Post Game / Work-out...**Take 1 to 2 capsules with a bottle of water after competition. Post game HyLytes with water will better prepare you for the rest of the day's events and for tomorrow's workout and/or game.

*There are no calories in HyLytes, so make sure you are also taking in calories to help maximize your energy level and performance.*

*To order HyLytes or for more information and details about HyLytes and electrolytes in general, visit our web site ([www.hylytes.com](http://www.hylytes.com)) and see the articles on the "About HyLytes" tab.*