

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...PGA professionals do. Currently over 40 PGA Tour professionals use HyLytes, including winners of a combined 26 Majors.

HyLytes are for all types of golfers. Whether you are young or old, competitive or recreational, if you have ever felt fatigue on the golf course HyLytes will make a difference for you.

How many times have you played a great round until the last few holes? HyLytes are electrolyte capsules – they replace what you sweat out on the golf course –and with water HyLytes will help you FINISH each round strong. HyLytes are all natural and do not contain any stimulants. They 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 felt on the last few holes, 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 while on the course to help maintain your energy level.

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 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 playing partners. 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 9 holes depending on the day. In the extreme heat you would likely take 2 to 3 (or more) capsules per 9 holes (it all depends on the individual). Whereas, on cooler days, 1 HyLytes capsule per 9 holes 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.

**Make sure you are drinking at least 16 ounces of water per hour while on the course.

On the Course...How do you know they work? Take note of how you feel when you hit the last few holes. Ideally, you will feel and play the last three holes as well as you felt and played the first three holes and still have energy to do something productive after your round instead of taking a long nap.

Begin taking them during your round before you get tired, therefore preventing fatigue from ruining your round on the last few holes. Remember, what you put in your body before you play dictates front nine performance...and what you put in your body on the front nine dictates back nine performance.

Post Round...Re-hydrate and Recover...Take 1 to 2 capsules with a bottle of water after your round. Post round HyLytes with water will better prepare you for the rest of the day's events and for tomorrow's round.

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

Use HyLytes and FINISH every round as STRONG as you started!