

SUPERHYDRO®

ENERGETIC HYDROSALINE FOOD SUPPLEMENT

WITH NEXT-GENERATION CARBOHYDRATES AND VITAMINS B & C



MANAGE HYDRATION DURING SPORT



SUPERHYDRO® IS A SPECIAL FORMULATION WHICH MAINTAINS ENDURANCE PERFORMANCE DURING PROLONGED EXERCISE (*), OPTIMISES ABSORPTION OF WATER DURING INTENSE ACTIVITIES (*) AND ALLOWS OPTIMAL HYDRATION.

PACKAGING: 500 G JAR – 20 SERVINGS



FLAVORS: LEMON TROPICAL APPLE-GRAPEFRUIT

(*) The effect applies to the solution prepared as directed.

FEATURES

SUPERHYDRO® is an energetic hydrosaline food supplement developed to provide a hypotonic blend of carbohydrates and electrolytes. The solution supports endurance performance during prolonged physical exercise and enhances water absorption during activity, ensuring optimal hydration. The SH complex, characterized by next-generation carbohydrates (highly branched cyclic dextrins and maltodextrin DE6), allows for differentiated energy release, both rapid and gradual. The presence of B vitamins and vitamin C contributes to normal energy metabolism, reduction of tiredness and fatigue (vitamins B6, pantothenic acid, C), normal heart function (thiamine), normal red blood cell formation (vitamin B6), and protection of cells from oxidative stress (vitamin C). Sodium, potassium, magnesium, and calcium are balanced for optimal electrolyte replenishment.

HOW TO USE AND RECOMMENDED DAILY DOSE

Dissolve 1 serving (3 level scoops = 25 g) in about 500 ml of water. Consume at regular intervals every 15-20 minutes. Do not exceed the maximum dose of 75 g total powder per day (about 3 bottles of solution), except in exceptional cases such as very long races or training sessions.

INDICATIONS

The product is especially suitable for those engaging in intense and/or prolonged physical activity. It is useful for replenishing fluids and electrolytes lost during exercise.

INGREDIENTS

SH carbohydrate complex (maltodextrin DE19, glucose, highly branched cyclic dextrin [Cluster Dextrin®], maltodextrin DE6, isomaltulose® [Palatinose®], fructose) (82%), acidifier: citric acid; sodium chloride, flavor, trisodium citrate, tripotassium citrate, potassium gluconate, calcium carbonate, anti-caking agent: silicon dioxide; magnesium carbonate, sweetener: sucralose; L-ascorbic acid (vitamin C), pantothenic acid (calcium D-pantothenate), coloring: riboflavin; pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1). Isomaltulose is a source of glucose and fructose. This product is especially recommended for those performing intense and/or prolonged physical activity. It is useful for replenishing fluids and electrolytes lost during exercise.

NUTRITIONAL INFORMATION			
Nutrient	Per 100 g	25g	75g
ENERGY VALUE			
Kcal\Kj	357/ 1490	89/ 373	268/ 1118
Fat / of which saturates	0 g / 0 g	0 g / 0 g	0 g / 0 g
Carbohydrates / of which sugars	88 g / 13 g	22 g / 3.3 g	66 g / 9.8 g
Dietary fiber	0 g	0 g	0 g
Protein	0 g	0 g	0 g
Salt	4.40 g	1.01 g	3.03 g
Vitamin C	122 mg	30 mg (38 %) *	91 mg (114 %) *
Thiamine	1.7 mg	0.42 mg (38 %) *	1.3 mg (114 %) *
Vitamin B6	1.9 mg	0.48 mg (34 %) *	1.4 mg (100 %) *
Pantothenic Acid	7.2 mg	1.8 mg (30 %) *	5.4 mg (90 %) *
Sodium	1600 mg	400 mg	1200 mg
Potassium	548 mg	137 mg (7 %) *	411 mg (21 %) *
Calcium	242 mg	60.4 mg (8 %) *	181 mg (23 %) *
Magnesium	113 mg	28.1 mg (8 %) *	84.4 mg (23 %) *

RECOMMENDED FOR

- For those who need effective hydration and energy management
- For athletes facing dehydrating and long-lasting training sessions
- For individuals seeking high performance during endurance activities

WHEN TO USE SUPERHYDRO®



MAIN FUNCTIONS

Advanced Formulation

- **Hypotonic formula** (180 mOsm/l) designed to **promote water absorption** during physical activity.
- Contains electrolytes in balanced proportions (sodium, potassium, magnesium, calcium) to **optimize rehydration**.
- Includes **advanced carbohydrates** for **progressive energy release**.
- Enriched with **Vitamins C, B1, B5, and B6** to support energy metabolism and reduce tiredness and fatigue.

Key Benefits

- **Effective hydration:** the combination of low osmolality and balanced electrolyte profile promotes rapid fluid absorption.
- **Performance support:** carbohydrates with varying absorption rates assist during prolonged exertion.
- **Energy and neuromuscular support:** with **Magnesium and B vitamins**.
- **Antioxidant action:** thanks to the presence of Vitamin C.

Composition and Dosage

- **Balanced electrolytes:** to replenish salts lost through sweating.
- **Functional carbohydrates:** for sustained energy without blood sugar spikes.
- **Targeted vitamins:** for energy, focus, and recovery.
- Recommended dose: 25 g in 500 ml of water, to be consumed regularly during activity.

Quality and Safety

- **Aspartame free**
- **Vegan and Gluten Free**
- **Doping Free Tested***

WARNINGS: Food supplements should not be considered a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended maximum daily dose. Keep out of reach of children under 3 years of age. The minimum shelf life refers to the product stored in intact packaging and properly preserved. Store the product in a cool, dry place away from heat sources. Produced in a facility that processes milk-based ingredients (including lactose), soy, peanuts, other tree nuts, sesame seeds, eggs, crustaceans, and fish. This product is tested free from anabolic steroids, stimulants, and SARMS.

*=NRV (Nutrient Reference Value – EU Regulation No. 1169/2011)

1 Serving = 25 g (3 level scoops)

3 Servings = 75 g (9 scoops, maximum daily dose)

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