

# Maxim Active Hydration

## - Grapefruit & Lemon (10x10g)

A fluid loss of 2% of your body weight, can reduce your performance by 10%. Other effects of dehydration are cramps, headache and overheating.

During exercise you lose significant amounts of fluid by sweating, which can lead to dehydration. You can prevent this by drinking a hypotonic sports drink during exercise. Such a drink contains the ingredients your body needs to maintain fluid balance and energy levels.

Maxim Active Hydration has been developed as a hypotonic thirst quencher. Its optimal composition of dextrose, fructose and minerals ensures an optimal hydration during exercise. It optimises your performance and delays weariness.

Maxim Energy Drink has been developed as a hypotonic thirst quencher. Its optimal composition of maltodextrin, fructose, minerals and vitamins ensures an optimal hydration and fast energy supply. It optimises your performance and delays weariness.



### How to use

#### During exercise

The quantity of Active Hydration that you should consume during exercise depends on the individual athlete, the weather conditions, the intensity and duration of exercise. Nevertheless, we will give you some general guidelines.

- Drink 200-500 ml just before exercise to start well-hydrated
- Drink 200 ml every 15-20 minutes to maintain your fluid balance

#### Advice:

When you are not used to drinking during exercise, try this during training. Increase the quantity you drink gradually to 200 ml per 15-20 minutes. It will improve your performance.

#### Note:

Drink 300 ml per 15-20 minutes during hot weather conditions



Nutritional Value	Per 100g	Per 30 g (3 tablets)
Energy	1390 kJ/332 kcal	413 kJ/99 kcal
Protein	0 g	0 g
Carbohydrates	74,4 g	21,7 g
- of which sugars	65,5 g	19,7 g
Fat	0 g	0 g
- of which saturated fat	0 g	0 g
Fibre	0 g	0 g
Sodium	1,4 g	0,42 g
Magnesium	185 mg (49%*)	56 mg (15%*)
Vitamin B1	1,7 mg (150%*)	0,51 mg (45%*)
Vitamin B2	2,1 mg (150%*)	0,63 mg (45%*)
Niacin	24 mg (150%*)	7,2 mg (45%*)
Pantothenic acid	9 mg (150%*)	2,7 mg (45%*)
Vitamin B6	2,1 mg (150%*)	0,63 mg (45%*)
Biotin	75 µg (150%*)	23 µg (45%*)
Vitamin B12	3,75 µg (150%*)	1,13 µg (45%*)
Vitamin C	120 mg (150%*)	36 mg (45%*)
Vitamin E	18 mg (150%*)	5,4 mg (45%*)

\* percentage of the RDA (Recommended Daily Allowance)

#### Ingredients

Dextrose, acidulant (citric acid), humectant (sorbitol), fructose, inulin, sodium carbonate, starch, potassium hydrogen carbonate, flavouring, magnesium carbonate, sodium chloride, vitamins (B1, B2, niacin, pantothenic acid, B6, biotin, B12, C, E), maltodextrin, sweetener (sucralose). Contains sweetener.