

Everyone,

Thank you for your patience I was travelling last week and I'm now able to get you more information regarding Hydration mix from Skratch Labs. Skratch Labs has been gracious to allow our athletes to purchase Hydration mix at a deep discount over what is available in retail stores.

The concept and ingredients are what drew me to [Skratch Labs](#). Of course there are other products out there and each athlete will determine from experience and taste what works best. All of the ingredients in the hydration mix you can pronounce and you know what they are. Another option would be [Osmo Nutrition](#).

The Exercise Hydration mix has 360mg Sodium, 40mg Potassium with only 80Cal per 16oz serving

Flavors: Lemon/Lime, Raspberry, Orange, Pineapple, Apple/Cinnamon (drink hot), Matcha/Lemons (has green tea caffeine)

Cost **\$15** per pound (retail \$19.50) (20 Servings)

The Rescue Hydration Mix: This is an all-natural Oral Rehydration Solution. It is an ideal fluid and electrolyte replacement specifically formulated for children and adults who are dehydrated. Our Rescue Hydration Mix is flavored with real fruit and contains no artificial anything. The result is a light and clean taste that keeps you hydrated when you need it the most.

This product is best used in individuals who need fluid replacement due to vomiting and/or diarrhea. The higher sodium content would best be used in a high humidity, high sweat rate environment.

Cost for 8 single serving package Lemon/Lime (16oz bottle): **\$11.50** (retail \$14.95) 750mg Sodium, 250mg Potassium, 70 Cal

Lastly **Hyper Hydration Drink Mix** is an EXTREMELY high sodium mix designed for those times, and **only those times**, when you are unable to replace all the fluid you are losing through sweat any other way. How does it work? It has a ton of sodium in it, that's how. More than an entire bag of potato chips, in fact. Which is why it's not for everyone. This isn't for sipping on the couch, it's for when you're about to spend some serious time and energy in the pain cave.

This product doesn't have a practical application to swimmers only working out for 2 hours at a time. There would be specific scenarios for its use, but I would caution to them under the advice of sport physiologist, or athletic trainer very familiar with hydration. If you do want to order this I would ask that you get in touch with so I can understand how it will be used.

Cost is **\$42.00** per 20 single pack servings Mango (retail \$55) (16oz bottle). 1700mg Sodium, 80mg Potassium, 70Cal

How to order:

If you've read this far and you're interested in trying some. Periodically I'll place an order for drink mix. Just email me at Olygold@msn.com

I'll put orders in next week and have them available very soon after.

Include in your email:

Flavor of Exercise Hydration and number of bags

Your name and phone number your swimmers name and which swim group they are in.

It might be easy to distribute this at the next swim meet.

Thank you,

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