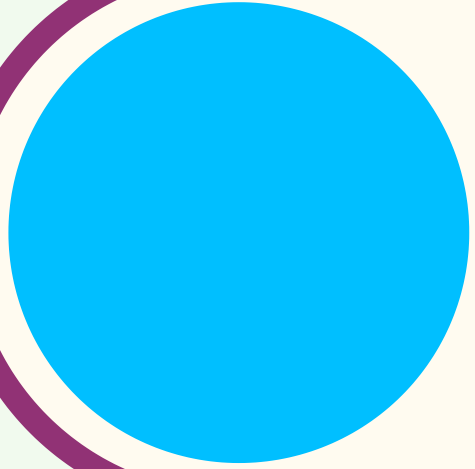


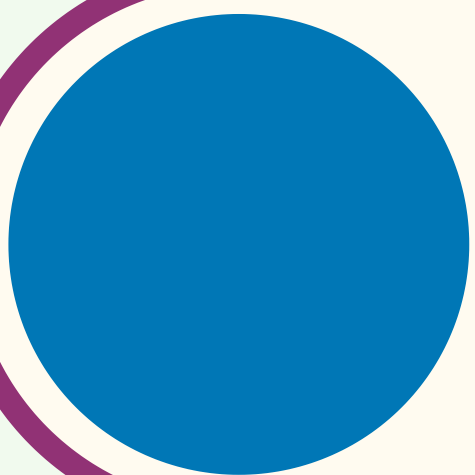


ReHydrate.

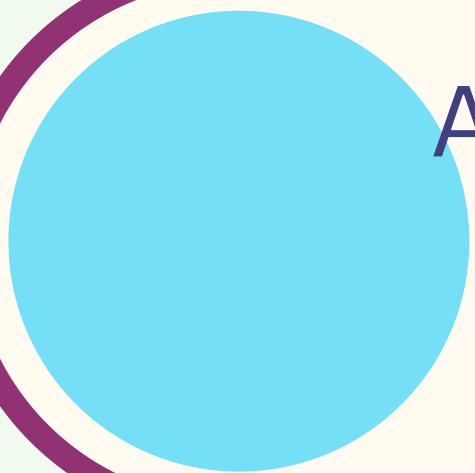
Analytics on Hydration for Athletes



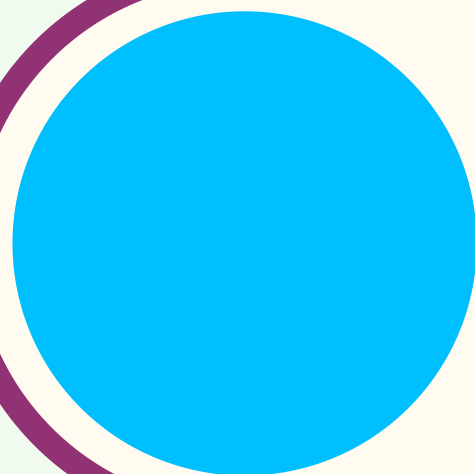
Losing 2% of body weight through sweat can greatly impact performance.



Dark urine (color 5 or higher) can signal dehydration in athletes, affecting performance and health.



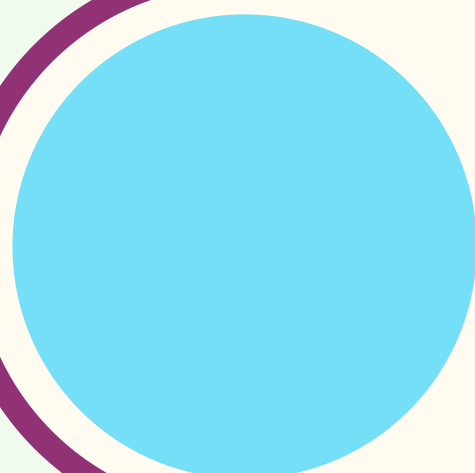
Athletes should maintain a body weight loss of less than 2% during activity to optimize performance and safety.



Adequate hydration is crucial for optimal health and performance.



Drink about 11 cups of water daily (women) or 16 cups (men) to stay healthy. Limit sugary drinks to maintain overall well-being



Endurance athletes should drink beverages containing carbohydrate and electrolyte during and after training or competition