



PRODUCT PROFILE: NEXT HYDRATION

PREBIOTIC HYDRATION AND RECOVERY FORMULA

Your active lifestyle demands a lot. Like a finely tuned machine, your body requires fuel and maintenance to keep running at optimal levels. And it turns out your microbiome, like your body, requires proper hydration and electrolyte balance to function properly.

Unfortunately, 75 percent of Americans are chronically dehydrated, and most other countries around the world aren't any better. Dehydration can be devastating to your overall health, and especially to the health of your microbiome. Dehydration can disrupt digestion, nutrient absorption, waste removal, cognitive ability and even immune system response.

Never fear: Next Hydration is here to help. Next Hydration is nature's finest prebiotic hydration beverage. Its proprietary blend of powerful superfood impact ingredients and natural electrolytes will feed your microbiome and rejuvenate your cells.

Caring for the microbiome means more than just populating it with probiotics. True microbiome care includes the fueling power of prebiotics and electrolytes to ensure your body is well nourished and functioning properly.

Recover, rehydrate, and renew with Next Hydration.



HOW IT WORKS

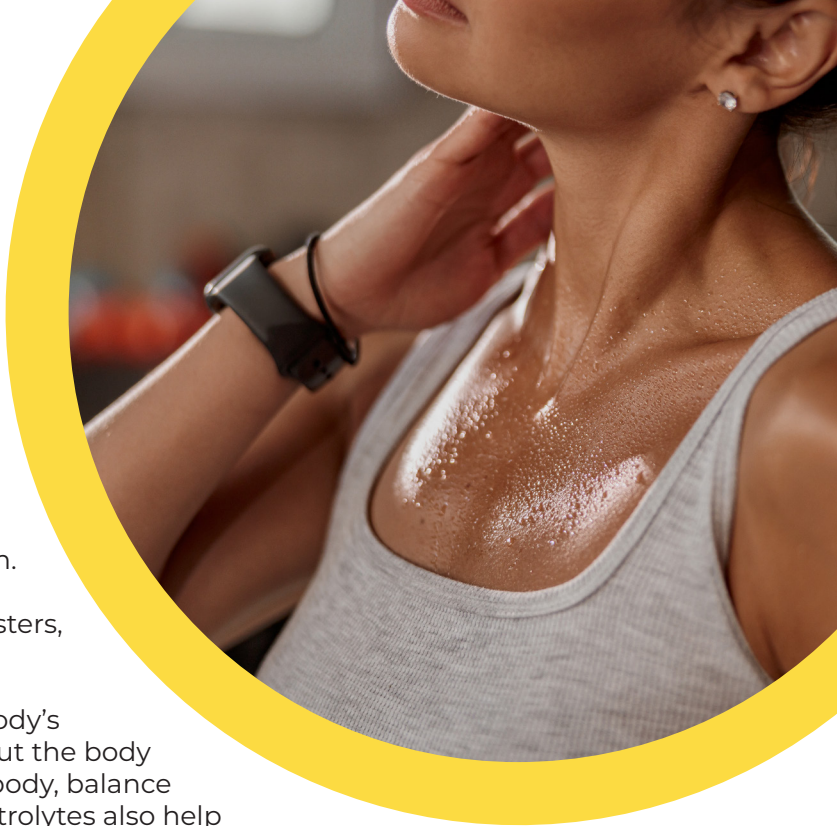
The human body loses electrolytes every day—especially during exercise. Electrolytes leave our bodies through sweat and urination, mostly, and our bodies need constant electrolyte replenishment. The proper electrolyte balance is vital for gut health and overall wellbeing, so replacing electrolytes and staying properly hydrated is vital.

Next Hydration supplies the body with four vital prebiotic electrolytes—sodium, potassium, magnesium, and calcium—in an easy-to-absorb form. It has the optimal electrolyte ratios for endurance athletes, people with active lifestyles, intermittent fasters, and overall wellness and longevity seekers.

When consumed, electrolytes spread through the body's cellular structure sending electric charges throughout the body to regulate nerve and muscle function, hydrate the body, balance blood acidity, and help rebuild damaged tissue. Electrolytes also help regulate the movement of water in and out of cells, and they facilitate the proper functioning of the gastrointestinal tract.

When properly hydrated, the good bacteria in the gut will produce short-chain fatty acids that will, among other things, strengthen the defense of the intestinal barrier, increase insulin sensitivity, stabilize blood sugar, and reduce chronic inflammation.

Maintaining optimal electrolyte levels is essential for supporting a healthy gut environment and promoting the growth and function of beneficial gut microbes and short-chain fatty acids.



HOW TO USE

Next Hydration is portioned into individual-serving stick packs, which makes consumption easy and convenient. Simply add a stick pack to 16 ounces of water. Mix thoroughly and enjoy.

Drink Next Hydration after exercise, or any time during the day. Your body is in constant need of electrolytes and prebiotics, so don't be shy about drinking Next Hydration as many times a day as you'd like.

Next Hydration has a light mango lemonade flavor, and it is formulated to be quickly absorbed into the bloodstream for maximum efficacy.



WHAT YOU CAN EXPECT

Next Hydration was designed to replenish electrolytes and keep your body hydrated. When your body is properly hydrated with the optimal electrolyte balance you can expect the following benefits*:



IMPROVED ENERGY



INCREASED TIME TO FATIGUE



REGULATED DIGESTION



WEIGHT LOSS AND WEIGHT MANAGEMENT



INCREASED ATHLETIC PERFORMANCE



FASTER RECOVERY



IMPROVED BRAIN AND MEMORY PERFORMANCE

AND MUCH MORE



YOU'LL LOVE THIS

In addition to four crucial electrolytes, Next Hydration contains important prebiotic impact ingredients that feed the gut microbiota: Rosa canina L., tart cherry, glycine, and LoveBiome's proprietary Golden Formula of fermented kiwi, inulin, and fructo-oligosaccharide. These prebiotics not only feed the gut, but they also improve immunity, heart health, and even skin aging.

A CLOSER LOOK AT HYDRATION INGREDIENTS

Next Hydration is the perfect product to keep your body properly hydrated. Here's a closer look at its impact ingredients:

PREBIOTICS:



ROSA CANINA

Rich in antioxidants, may protect against heart disease.



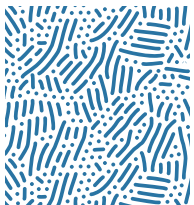
TART CHERRY

May increase strength, help you sleep better, and reduce muscle soreness.



GLYCINE

An important amino acid with anti-inflammatory properties that helps with muscle recovery.



GOLDEN FORMULA

A blend of prebiotics, including fermented kiwi and inulin, that assist in the production of SCFAs.

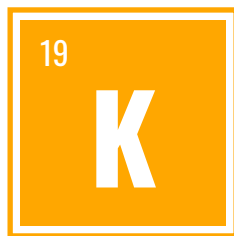
Supplement Facts

Serving Size 1 sachet (8g)		Servings Per Container 15	
Amount per serving	% Daily Value*		
Calories 25			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g	‡		
Sodium 350mg	15%		
Total Carbohydrates 6g	2%		
Dietary Fibers 2g	7%		
Total Sugars <1g	‡		
Includes 0g Added Sugars	0%		
Protein 0g	0%		
Vitamin D 0mcg	0%*	Iron 0mg	0%*
Calcium 110mg	8%*	Potassium 600mg	13%*
Thiamin 0.8mg	67%*	Niacin 14mg	88%*
Vitamin B5 2.7mg	54%*	Vitamin B6 1mg	59%*
Vitamin B12 2mcg	83%*	Vitamin C 90mg	100%*
Vitamin E 6.7mg	45%*	Magnesium 100mg	24%*
Phosphorus 100mg	8%*		
Proprietary Hydration Electrolyte Replacer Blend*		6360 mg ‡	
Sodium Citrate, Soluble Tapioca Fiber Powder, Potassium Chloride, Magnesium Phosphate Tribasic, <i>Chondrus crispus</i> (Red Algae) Powder, <i>Actinidia deliciosa</i> (Kiwi) Fruit Ferment, <i>Cichorium intybus L.</i> (Inulin) Root Powder, Fructooligosaccharides, Gum Acacia, <i>Rosa canina L.</i> (Briar Rose) Fruit Extract Powder, Sodium Ascorbate, <i>Prunus cerasus</i> (Tart Cherry) Skin Concentrate Powder, Dry Vitamin E, β-Carotene, Niacinamide (Vitamin B3), Glycine, Calcium Pantothenate (Vitamin B5), Vitamin B12, Pyridoxine Hydrochloride (Vitamin B6), Thiamine Mononitrate (Vitamin B1).			
*Percent Daily Values are based on a 2,000 Calorie diet. ‡ Daily Value not established			

ELECTROLYTES:



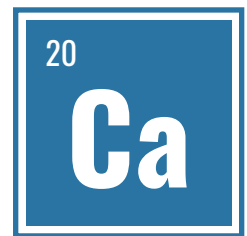
SODIUM



POTASSIUM



MAGNESIUM



CALCIUM

* Best sodium-to-potassium ratio for preserving cardiovascular health.

* Best calcium-to-magnesium ratio for optimal nutrient absorption.

FAQs

Q: Is Next Hydration a good post-exercise drink?

A: Absolutely. When we sweat during exercise, we lose lots of electrolytes. Next Hydration is a great source of four different electrolytes, making it an ideal post-workout beverage.

Q: Can I drink Next Hydration even if I'm not exercising?

A: Of course! The body loses electrolytes all the time. Electrolyte imbalance can affect anyone, even if they're not exercising. And the prebiotics found in Next Hydration deliver vital nutrition to the microbiome. Next Hydration is a daily beverage for everyone.

Q: How do electrolytes impact gut health?

A: Electrolytes help regulate the movement of water in and out of cells and facilitate the proper functioning of the gastrointestinal tract, including muscle contractions and the secretion of digestive enzymes—two important functions of the gut microbiome. Maintaining optimal electrolyte levels is essential for supporting a healthy gut environment and promoting the growth and function of beneficial gut microbes.

Q: Are there probiotics in Next Hydration?

A: There are no probiotics in Next Hydration, but it is a crucial product for gut health. Hydration is inseparably connected to gut health, as is electrolyte balance. Proper microbiome care is more than just populating the gut with probiotics; it also requires careful supplementation with prebiotics such as those found in Next Hydration.

Q: Is Next Hydration a companion product to PhytoPower X?

A: Next Hydration and PhytoPower X are perfect companion products, and either product can also be used separately.

Q: Are there any superfruits or superfoods in Next Hydration?

A: Yes. Next Hydration contains a potent blend of electrolytes, as well as prebiotic superfoods like rosa canina, tart cherry, and fermented kiwi.

Q: Does Next Hydration contain any artificial ingredients, flavors, or colors?

A: No. Next Hydration is all-natural, and does not contain any artificial flavors, sweeteners, colors, or any other nasty ingredients.



FAQs

Q: How do I consume Next Hydration?

A: Simply mix Next Hydration with 16 ounces (480 ml) of water or your favorite cold beverage. Next Hydration features a delicious natural mango lemonade flavor, so it doesn't need a lot of extra flavoring.

Q: How important is it that I mix Next Hydration with 16 ounces of water?

A: We recommend 16 ounces of water to create the best flavor experience. Additionally, water is the best vehicle to deliver Next Hydration's impact ingredients. Don't worry if you don't use exactly 16 ounces of water. You'll still get all the benefits of this amazing product (though the taste might be a little stronger or weaker, depending on the amount of water used).

Q: Does Next Hydration have any soy, estrogen, or gluten?

A: Next Hydration contains no soy or estrogen products, and it is gluten-free.

Q: Can you mix Next Hydration with different products, including PhytoPower products?

A: Yes. When mixed according to instructions, Next Hydration and PhytoPower products may be consumed simultaneously.

