



Essential Hydration

Mobile Hydration Specialists • Advanced Nutrient Therapy

B-COMPLEX

- Mental sharpness
- Bone strength
- Cardiovascular health
- Energy and mood boost
- Improves allergies and asthma

VITAMIN C

- Antioxidant/anti-aging effects
- Wound, skin, tissue healer
- Boosts immune system, fighting colds/flu
- Neutralizes free radicals

VITAMIN D

- Assists with calcium absorption/bone, nail, hair and teeth health
- Fights disease/flu
- Immune booster
- Helps depression/mood
- Hormone regulation

TAURINE

- Abundant in brain, heart, and retina
- Boosts immune support
- Supports athletic performance
- Enhances cognitive function
- Supports heart health
- Maintains nerve function

BIOTIN

- Improves health of hair, skin and nails
- Accelerates metabolism, and helps convert food into energy
- Lowers cholesterol

NAD+

- Found in all living cells
- Optimize metabolic function
- Supports healthy aging
- Enhances the efficiency of mitochondria
- Balances blood sugar
- Improves brain function
- Reduces inflammation
- Reduces oxidative stress boosting cellular integrity
- Supports healthy blood vessels

AMINO ACIDS

- Helps restore neurotransmitter balance
- Encourages detoxification
- Muscle recovery

GLUTATHIONE

- Our bodies master antioxidant
- Feeds, protects and strengthens our immune system
- Reduces melanin production/brightens the skin
- Protects the body from harmful effects of stress, pollution, infections, drugs, radiation and aging.
- Helps arthritis

ZINC

- Improves immunity (fights cold and flu)
- Anti-inflammatory (helps muscle growth and repair)
- Anti-oxidant (fights free radical damage)
- Hormone balancer (naturally increases testosterone)
- Fights diabetes
- Increases fertility

MAGNESIUM

- Aids with migraines
- Smooth muscle relaxer
- Reduces anxiety and stress levels
- Helps achieve better, sounder sleep
- Improves asthma

HYDRATION

- Weight loss
- Skin elasticity
- Memory function
- Joint lubrication and muscle efficiency
- Helps digestion and bowels function
- Better immune health

VITAMIN B12

- Increases energy, reduces fatigue
- Improves athletic performance
- Lowers inflammation by lowering homocysteine levels
- Prevents anemia by increasing red blood cells
- Enhances and protects brain function
- Supports healthy bones
- Promotes health skin and nails