

heart & hydration™



It's all in the name...HEART & HYDRATION™ Super Drink was created so you can take your hydration to the next level in a delicious way! Truvy's H&H™ Super Drink is sugar free, making it an excellent alternative to today's sugared beverages and is a great fit for any active lifestyle.

An active lifestyle requires a healthy drink that not only hydrates your body, but also helps you maintain a healthy heart.* Our H&H™ Plus Super Drink is jam packed with super ingredients like CoQ10, D-Ribose, Di-Calcium Malate, DiPotassium Phosphate & Potassium Citrate, Inulin and Ginseng.

Supplement Facts	
Serving Size 1 Packet (6.4g)	
Servings Per Container 30	
Amount per Serving	%Daily Value
Calories	10
Total Carbohydrate	5g 2%*
Dietary Fiber	3g 10%*
Calcium	69mg 5%
Potassium	65mg 1%
Proprietary Blend	4511mg †
Chicory Root Inulin, D-Ribose, Dicalcium Malate, Tripotassium Citrate, Coenzyme Q10, Dipotassium Phosphate, Panax Ginseng (Root).	
*Percent Daily Values based on a 2,000 calorie diet.	
†Daily Value not established.	

Grapefruit

Supplement Facts	
Serving Size 1 Packet (6.3g)	
Servings Per Container 30	
Amount per Serving	%Daily Value
Calories	15
Total Carbohydrate	5g 2%*
Dietary Fiber	3g 10%*
Calcium	69mg 5%
Proprietary Blend	4507mg †
Chicory Root Inulin, D-Ribose, Dicalcium Malate, Tripotassium Citrate, Coenzyme Q10, Dipotassium Phosphate, Panax Ginseng (Root).	
*Percent Daily Values based on a 2,000 calorie diet.	
†Daily Value not established.	

Elderberry

Supplement Facts	
Serving Size 1 Packet (6.7g)	
Servings Per Container 30	
Amount per Serving	%Daily Value
Calories	15
Total Carbohydrate	5g 2%*
Dietary Fiber	3g 10%*
Calcium	72mg 6%
Potassium	62mg 1%
Proprietary Blend	4511mg †
Chicory Root Inulin, D-Ribose, Dicalcium Malate, Tripotassium Citrate, Coenzyme Q10, Dipotassium Phosphate, Panax Ginseng (Root).	
*Percent Daily Values based on a 2,000 calorie diet.	
†Daily Value not established.	

Watermelon

Supplement Facts	
Serving Size 1 Packet (7g)	
Servings Per Container 30	
Amount per Serving	%Daily Value
Calories	10
Total Carbohydrate	4g 1%*
Dietary Fiber	3g 10%*
Calcium	70mg 5%
Potassium	67mg 1%
Proprietary Blend	4500mg †
Chicory Root Inulin, D-Ribose, Dicalcium Malate, Tripotassium Citrate, Coenzyme Q10, Dipotassium Phosphate, Panax Ginseng (Root).	
*Percent Daily Values based on a 2,000 calorie diet.	
†Daily Value not established.	

Grape

Proper hydration, combined with electrolyte replenishment, is super important. HEART & HYDRATION™ helps with two vitally important needs of the body:

1. Support Cardiovascular Function*: Our drink supplies ingredients vital to support heart health.*
2. Proper Hydration and replenishment of electrolytes on a cellular level: Simply put, dehydration can destroy proper cell functions and affects virtually every major organ and system. Electrolytes are charged particles found in body fluids that help transmit electrical impulses for the proper functioning of organs. Heart & Hydration™ rehydrates and replenishes electrolytes in a healthy way without the sugar.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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With no sugar, just a few calories, and mouthwatering flavors, you'll always want to carry a HEART & HYDRATION™ stick pack with you to replenish and support your tru style of living! Available now in a delicious Elderberry, Grape, Grapefruit and Watermelon flavor.

Highlights:

- Hydration on a cellular level
- Supports heart health*
- Delicious taste with zero sugar
- Convenient on-the-go formula
- 1 - bag HEART & HYDRATION Mix (30ct.)

What exactly are these super ingredients and what do they do?

CoQ10 is an antioxidant found in all cells throughout the body. It is also an essential co-factor for the conversion of glucose into cellular energy. It is particularly important for the heart, which has continuous energy needs.*

D-Ribose provides energy for the heart, increasing levels of the energy molecule ATP. Evidence suggests that a diet rich in D-ribose supports endurance.*

Di-Calcium Malate is a bioavailable form of calcium, which is a key electrolyte for muscle contraction.*

Potassium Citrate & Potassium Phosphate:

Potassium is the key intracellular electrolyte, maintaining cellular balance. It is particularly important in the nervous system, where signals are sent for muscle contraction, especially the heart muscle.*

Ginseng: Ginseng is widely known for its adaptogenic properties, helping your body to adapt and manage stress better. Managing stress means less stress on the heart.*

Inulin: is a soluble dietary fiber. It is metabolized by healthy gut bacteria, which produce unique short chain fatty acids that are specifically used by the heart. Inulin can also help support blood sugar levels already within the normal range.*

Grab your H&H™
today and get ready
to feel super!

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