

# Hydramax

## HYDRAMAX PROPERTIES:

- maintains electrolyte and acid-base balance
- improves water's organoleptic properties
- boosts energy and performance

## HYDRAMAX INCLUDES:

- Coral-Mine (30 sachets)
- PentoKan, 3 tubes (60 effervescent tablets)
- H-500, 1 bottle (60 capsules)

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**Coral-Mine** is a natural product from Japan made of deep-sea coral (scleractinias) collected in the Sea of Japan, near the islands of Okinawa and Tokunoshima. It also contains calcium, magnesium, potassium, iron, phosphorus, sulfur, silicon, chromium, manganese, zinc and other minerals. A sachet placed in water enriches it with beneficial minerals, restores water-salt balance. The components promote growth of bone and connective tissue with beneficial effects on overall health, and a mild tonic effect.

**PentoKan** promotes effective regulation of intracellular metabolism. Potassium is an essential nutrient used to maintain the electrolyte balance in the body. This mineral is essential for the body to produce energy for physical activity.

**H-500** is a powerful antioxidant that increases stamina during any physical exertion, sports or labor. Increases the energy potential of the body by stimulating the production of cellular energy, while improving productivity during physical and mental work. Keeps healthy cells from oxidizing and restores the body's natural pH.

## DOSAGE AND DIRECTIONS

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| <b>Coral-Mine</b> | Place one unopened sachet of Coral-Mine into 1.5 L of water (bottled or filtered preferably). The water becomes ready for consumption within 5 minutes. |
| <b>PentoKan</b>   | Completely dissolve one effervescent tablet in 60 ml of water or fruit juice.<br>One tablet two times a day with a meal.                                |
| <b>H-500</b>      | Take two capsules daily, one in the morning and one in the afternoon with a meal.   |

## RECOMMENDED DAILY WATER INTAKE

- it is recommended to drink a minimum of 1.5 L of water with Coral-Mine every day
  - average daily fluid intake for an adult is 30-40 mL per kg of weight
  - aim to drink in 200-250 mL portions before meals and between meals. It is undesirable to drink while eating.
  - increase fluid intake during hot weather or if exercising
  - the body absorbs herbal teas, fruit and vegetable juices well; these drinks can make up to 1/3 of the total amount of fluid consumed per day
- Please note:**
- alcoholic beverages, coffee, and smoking increase the dehydration of the body
  - excessive consumption of salty, spicy and fried foods contributes to the accumulation of fluid in the body and also enhances the feeling of thirst. This can adversely affect the functioning of the cardiovascular system and kidneys
  - sweet carbonated drinks increase blood sugar and increase thirst