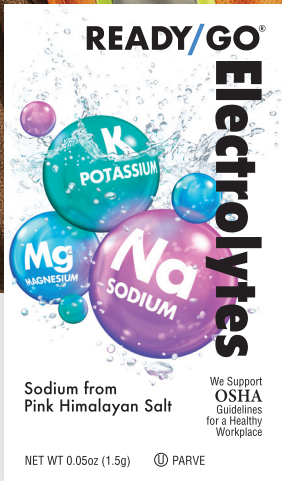


# READY/GO<sup>®</sup>

# Electrolytes<sup>®</sup>

Be Ready,  
Be Hydrated,  
Be Healthy!<sup>®</sup>

We Support  
**OSHA**  
Guidelines  
for a Healthy  
Workplace



Actual Size

## What is in Ready/Go<sup>®</sup> Electrolytes?

It's simple: **Ready/Go<sup>®</sup> Electrolytes** is just that – electrolytes! Everything you need and nothing you don't!



Learn more  
[www.ReadyGoHydration.com](http://www.ReadyGoHydration.com)

**KEY QUESTION:** Do workers have a way to replenish the 3 key electrolytes lost in perspiration – sodium, potassium, and magnesium – without dyes, chemicals, or other unnecessary fillers?

**ANSWER:** Ready/Go<sup>®</sup> Electrolytes. Ingredients per packet:

**SODIUM** (300mg)

Sourced from pink Himalayan salt, sodium aids hydration, fluid balance, nerve and muscle function, and energy levels.

**POTASSIUM** (150mg)

A key electrolyte, potassium supports fluid balance, blood pressure, nerve impulses, heart health, and muscle contractions.

**MAGNESIUM** (60mg)

Essential for energy production, DNA repair, muscle synthesis, and restful sleep.

*The 2:1 sodium-to-potassium ratio helps maintain hydration and electrolyte balance, but individual needs can vary based on many factors.*

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