



## DESCRIPTION HI-PERFORMANCE SPORT WATER

Pure, Structured, Alkaline, Mineral Water with **High Mineral Content**

- **Energy Booster/Endurance**
- **Hydration Electrolyte**
- **Combats Cramping**
- **Shortens Training Recovery**
- **Joint and Tissue Healing**
- **Mild, salty taste - high in minerals**

## USAGE & APPLICATIONS

- Use **before, during and after moderate or strenuous sport activity.**
- Typical sport types: Long Distance Running, Rugby, Gym. Training, Athletics, Cycling, Motor and Bike Racing, Swimming, Tennis, Soccer, Cricket, Squash, Netball and any sport where Endurance, Fatigue and Recovery plays a role.
- **Bulk Water** supplied in safe HDPE containers.
- **Bottled Water** supplied in glass, reusable HDPE, or PET plastic.
- **Bottle-packs** are cold-wrapped to prevent plastic toxin leaching.

Drinking enough Structured Alkaline Mineral Hi-PERFORMANCE SPORT WATER during training and competitions:

- The importance of electrolytes in sport is well documented with the absence of which results in muscle cramps, dehydration and decreased performance levels. Structured mineral water has energised molecules forming micro clusters small enough to penetrate living cells for proper **hydration**, thereby **promoting energy and endurance.**
- Mineralised means infused with 84 natural minerals and trace elements, forming **electrolytes** required for electrochemical impulses among cells for proper functioning.
- Combats muscle **cramps** through replenishing the electrolyte levels during training.
- Promotes healthy **red blood cells** repelling each other due to its electrical charge, allowing ample carrying capacity of **oxygen** and nutrients to the body for faster recovery.
- Minerals are also essential for healing. Tissue rebuilding occurs more easily when the body has access to the necessary minerals. Certain minerals are critically necessary to the body – these are known as “trace” minerals and include zinc, iron, magnesium, calcium, selenium and copper, to name a few.
- Minerals promote **elasticity in muscle tissue.**
- Drinking water is the simplest and the most effortless way to heal and **relieve joint and muscle pain**, provided it is infused with natural minerals.
- Healthy **joints** are a direct result of good hydration because water creates lubrication in the discs. This helps to prevent degeneration of the intervertebral discs and vertebra.