

Vita 24[®]

Vita min Boost

ORAL ELECTROLYTES

Hydration
you can *feel*

Vita 24[®]

Vita^{min} Boost

Hydration
you can feel

200mg
Magnesium

140mg
Calcium

260mg
Potassium

1300mg
Sodium

230mg
Essential
Nutrients

60
Trace
Minerals



Hydration isn't just about drinking water, it's about replenishing essential electrolytes and nutrients that keep your body balanced, energized, and functioning at its best.

200mg Magnesium

Brain & Nervous System
Heart & Circulation
Muscles & Movement
Bones & Teeth
Energy & Metabolism
Immunity & Inflammation
Cellular Health
Digestive Health
Hormonal & Reproductive Health

1300mg Sodium

Fluid Balance & Hydration
Nerve Function
Muscle Function
Blood Pressure & Circulation
Nutrient Absorption & Transport
Cognitive Function

140mg Calcium

Bone & Teeth Health
Heart Health
Muscle Function
Nervous System
Hormonal & Enzymatic Functions
Overall Health & Wellness

While sodium is essential, excess sodium (especially from processed foods) can lead to high blood pressure, heart disease, and stroke. Adults should aim for less than 2,300 mg per day, unless otherwise directed by a healthcare provider.

260mg Potassium

Heart & Blood Pressure Health
Muscle & Physical Function
Nervous System Function
Fluid & Electrolyte Balance
Cellular Health
General Health Benefits

The recommended intake for adults is around 2,500–3,400 mg/day, but most people don't get enough.

Too little potassium (hypokalemia) can lead to fatigue, weakness, and heart issues.

Too much (usually only due to kidney problems or supplements) can also be dangerous.

230mg Essential Nutrients

Muscle Growth & Recovery
Exercise Performance
Metabolic & Weight Support
Brain Function
Health & Recovery
What Are BCAAs?

- Leucine – Muscle growth stimulator
- Isoleucine – Energy production & blood sugar regulation
- Valine – Muscle repair & endurance support

60 Trace Minerals

General Cellular & Metabolic Function
Brain & Nervous System
Blood Health
Immunity & Healing
Muscles & Bones
Heart & Thyroid Health
Teeth & Skin
Glucose & Fat Metabolism



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Each sachet has the right amount of sodium, potassium, magnesium, calcium and

Branched Chain Amino Acids (BCAA) whether you're following a healthy diet, doing

intermittent fasting, going to gym or exercising.



200mg
Magnesium

140mg
Calcium

260mg
Potassium

1300mg
Sodium

230mg
Essential
Nutrients

60
Trace
Minerals

FLAVORS

VITA24 MAX HYDRATION Sachets are scientifically formulated to give you all the electrolytes you need with none of the things you don't. It helps you feel better, function better and perform better. It also tastes great with 3 popular flavors to choose from.

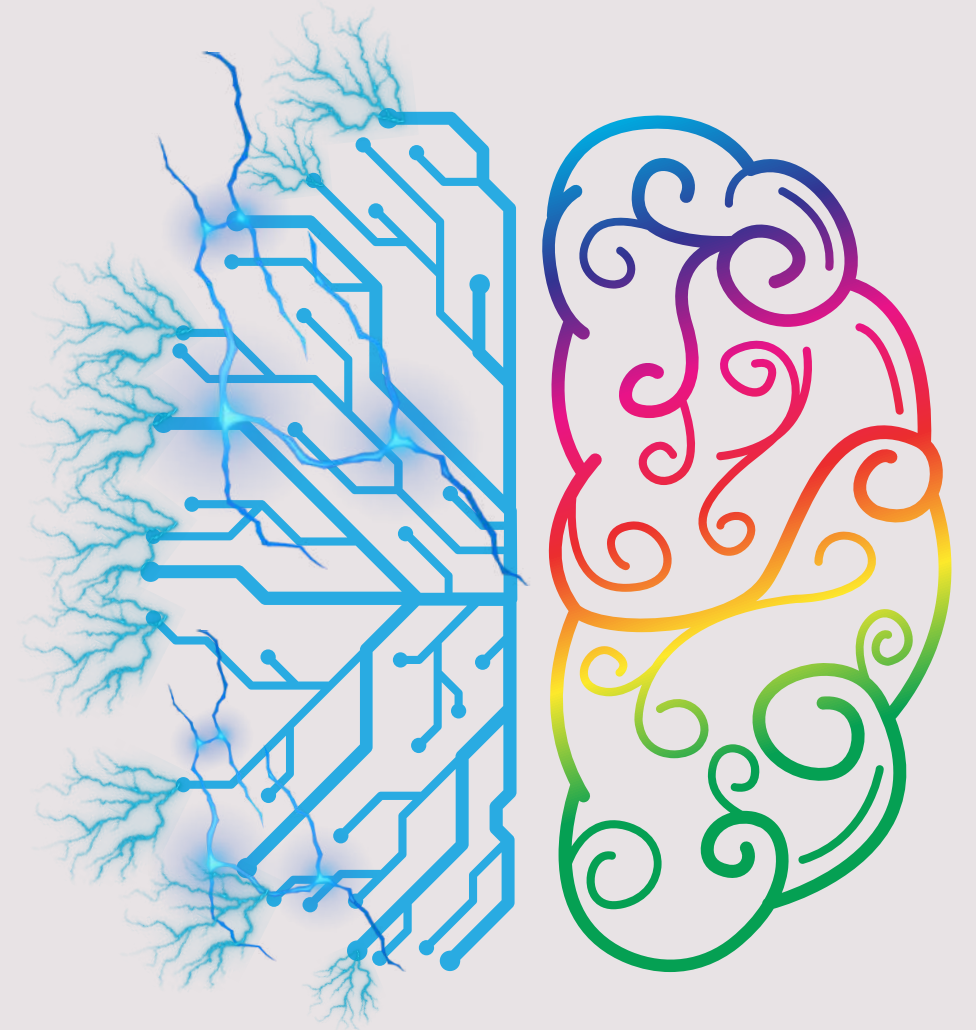
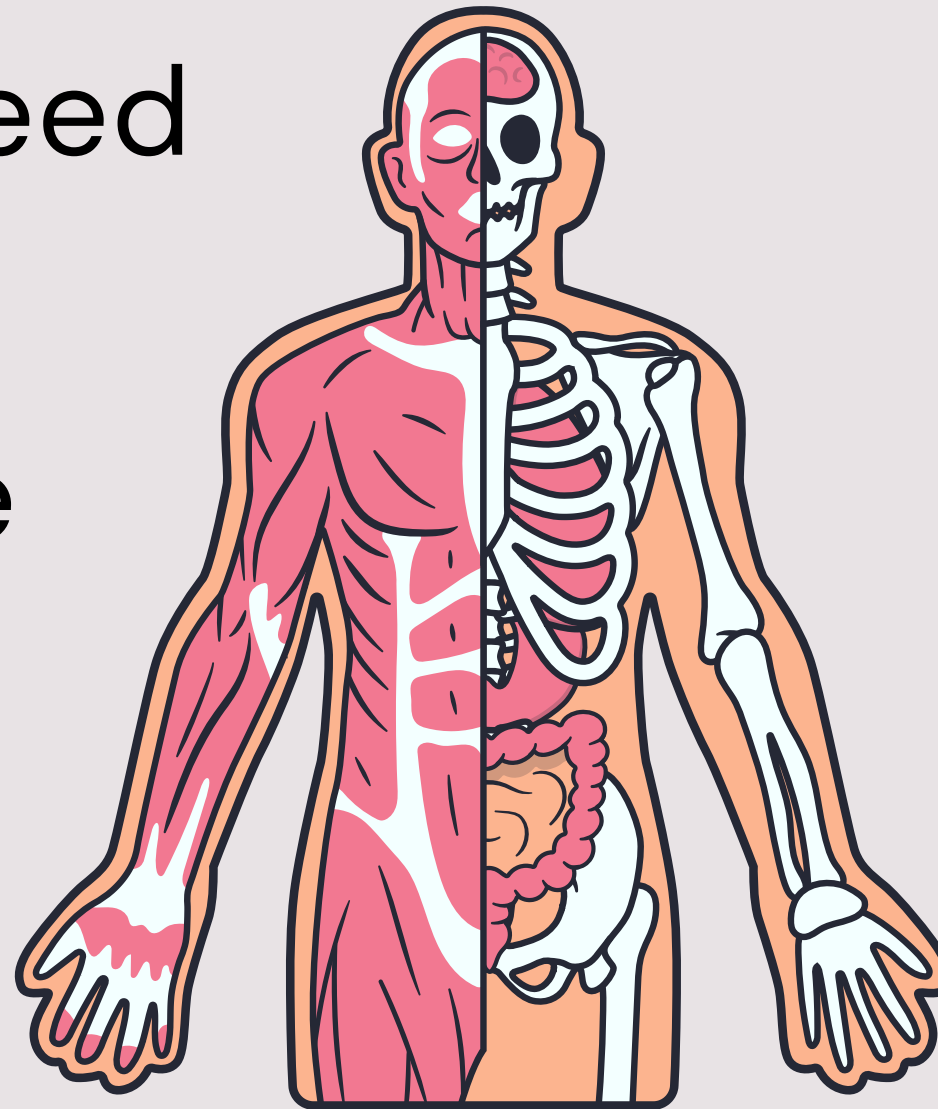
- **RASPBERRY**
- **ORANGE**
- **LEMON LIME**



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Electrolytes play a vital role in maintaining the delicate balance your body and brain need to function at their peak. These essential minerals, like sodium, potassium, and magnesium, support everything from muscle performance to mental clarity. When you're dehydrated, even slightly, one of the first things to suffer is your brain: reduced concentration, slower reaction times, and mental fatigue are all early warning signs. Don't wait until you feel parched. Replenishing electrolytes regularly helps you stay sharp, energized, and mentally agile throughout the day. Hydration isn't just about quenching thirst, it's about fueling your full potential.

Both your body and brain need electrolytes. Reduction in concentration and cognitive ability is an early sign of dehydration.



VITA24 MAX HYDRATION will improve your mental and physical performance and your overall well-being.

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Hydration feel
you can

KEY HEALTH BENEFITS OF MAX HYDRATION CONSUMPTION

- Enhanced Energy and Mental Focus
- Reduced Fatigue and Improved Endurance
- Fewer Headaches and Migraines
- Decreased Muscle Cramps and Spasms
- Optimized Muscle Performance and Recovery
- Improved Nerve Function and Coordination
- Support for Heart Health and Blood Pressure Regulation



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As health consciousness continues to rise, today's consumers are moving away from sugary, artificially flavored drinks, and choosing smarter, cleaner hydration. Electrolyte sachets are leading this shift, offering a convenient, low-sugar solution packed with essential minerals that support energy, focus, and performance. With every sip, you're not just quenching thirst, you're nourishing your body. It's hydration with purpose, designed for modern lifestyles.

Hydration
you can feel



VITA24 MAX HYDRATION is ideal for electrolyte replacement during and after physical activity, so you can keep muscles moving, maintain concentration and prevent cramps. **VITA24 MAX HYDRATION** replenishes sodium lost through sweat. Proper hydration also aids in recovery.



Not recommended if you have hypertension, kidney disease or take diuretic medication. Check with your healthcare professional if you have an existing medical condition or take medication. This product does not treat any medical condition or deficiency.

www.vita24.co

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