



nutritional + hydration™

+ instant energy

+ 100% all daily vitamins

+ antioxidants

+ proper electrolytes

+ branched chain amino acids

+ no acid

+ no banned substances

+ no caffeine, no fat

SimoneSuperEnergy.com

609-896-2646

**A HEALTHY PATENTED
NUTRITIONAL DRINK
IN A CLASS OF ITS OWN**

Signs and Symptoms of Dehydration

- Dizziness on sitting or standing
- Confusion, Mental State Change, Irritability
- Weakness and Decreased Performance
- Nausea
- Headache
- Thirst, Dry Mouth, Dry Eyes
- Decreased urine output and skin flexibility
- Constipation
- Fever

Consequences of Dehydration

- Decreased physical & mental ability within 1 hr
- Loss of 1%-2% of body weight negatively affects performance
- Loss of >3% of body weight increases risk for heat stroke, cramps, and heat exhaustion
- Predisposes to falls and infection
- Vitamin, Mineral and Electrolyte Imbalance
- Death

For Extreme Performance Drink Before, During, and After Exercise

- Mix one scoop of orange flavored **Simone Super Energy** in 16.9 ounces water (500 cc). This has a 6.4% carbohydrate level and an osmolality less than 300.
- Drink 8-12 ounces about 20-30 minutes before competition/work-out.
- Drink about 6 ounces every 15-20 minutes during competition /work-out.
- Drink as much as is needed after the competition /work-out.
- Drink on a schedule, because by the time you become thirsty, you are already dehydrated.

Do Not Drink Liquids with:

- Caffeine, Alcohol, and Carbonation because these stimulate urine output and/or decrease voluntary fluid intake
- High sugar content like fruit juices, soda, carbohydrate gels, sports drinks that have >10% carbohydrate -10 grams/100 cc or 50 gm/500 cc
- High sodium because it causes dehydration and thirst. Slow absorption and cramps occur if drink has a high salt pressure – an osmolality >330.
- Water alone, especially large volumes, because water can dilute the bloodstream of electrolytes causing cardiac and neurological problems.
- Extreme temperatures – liquids that are too cold or too hot can adversely affect the heart's electrical system as it passes to the stomach. Also, very cold liquid can swell the stomach's lining that impedes the liquid's entry into the bloodstream. Use an insulated container.

Hydration in Cold Weather

Cold weather can suppress your thirst and your perception of how much you actually sweat, especially when you wear multiple layers of clothing. So hydrate often even though you don't perceive thirst or feel sweat because dehydration can occur quickly before you realize it.

Studies clearly show that proper nutritional hydration allow for better mental and physical performance – you run harder, faster, farther, have better acceleration and agility, more endurance, less injuries, less mental fatigue, and better recovery.