# **Electrolyte** & Amino Acid Drink Mix

# **BIOAVAILABLE & PURE**

- I4 Different Vitamins
  & Minerals
- 🗹 2,000 mg BCAAs
- Free from Sugar & Artificial Ingredients





Packaged and sold by weight not by volume. Settling of contents occurs over time and cannot be avoided. Variations in aroma, color, taste, and solubility may occur.

## OFFICIAL WEBSITE: CLICK HERE

Native Hydrate is a powdered hydration formula available in tangerine, mixed berry, or peach mango flavors. Created by NativePath, the formula uses a blend of electrolytes and amino acids to boost hydration, enhance bladder control, and support overall physical and mental health with optimal nutrients.

#### NATIVE PATH NATIVE HYDRATE SUPPLEMENT: OFFICIAL WEBSITE



NativePath Native Hydrate is formulated by NativePath, a health supplement company founded by Dr. NativePath Native hydrate is a health supplement developed by NativePath founded by Dr. Chad Walding is a doctor of physical therapy who offers a comprehensive product. This detailed review will cover everything you need about this supplement including its benefits, key ingredients and how it can improve your hydration.

#### NativePath Native Hydrate is a product that contains NativePath Native hydrate.

NativePath Native Hydrate combines essential amino acid, BCAAs and Electrolytes for optimal hydration. This supplement is perfect for anyone who wants to improve their body's hydration.

Available in three delicious flavors--Peach Mango, Mixed Berry, and Tangerine--NativePath Native Hydrate ensures that there's a flavor to satisfy every preference. It is free of artificial flavors, sweeteners and colors.

#### NATIVE PATH NATIVE HYDRATE SUPPLEMENT: OFFICIAL WEBSITE

#### NativePath Native hydrate Ingredients and Benefits

NativePath Native Hydrate contains a powerful combination of ingredients which work together to promote hydration and muscle recovery.

#### 1. Electrolytes:

• **Sodium:** Maintains fluid balance, muscle functions, and nerve transmission.

- **Potassium:** Supports muscle contractions and regulates fluid balance.
- **Magnesium:** Essential to energy production, muscle function and nerve function. Maintaining normal blood pressure is also essential.
- Calcium: Supports bone and muscle health as well as cardiovascular health.

## 2. Amino Acids:

- L Glutamine: Helps to recover muscles and strengthens your immune system.
- L'Taurine: Supports cardiovascular health and electrolyte balance.
- L Citrulline: Increases blood flow, reduces fatigue and improves endurance.

#### **3. BCAAs (Branched-Chain Amino Acids):**

• Leucine Isoleucine and Valine: The essential amino acids are vital for muscle protein synthesis. They also reduce muscle soreness and help speed up recovery after intensive workouts.

#### 4. Coconut Water Powder

• This natural source of potassium and electrolytes helps to restore hydration levels.

## 5. Pink Himalayan Salt:

• It is rich in electrolytes and trace minerals, which helps to maintain hydration.

NativePath Native hydrate supports hydration and performance

NativePath Native Hydrate was designed to meet your body's multi-dimensional hydration needs.

- Electrolyte balance: This formula contains carefully selected electrolytes that help to maintain fluid balance in your body, particularly during and after physical exercise. The right electrolyte ratio is essential to prevent dehydration, and ensure optimal nerve and muscle function.
- **Muscle recovery:** The addition of BCAAs and amino acids, such as Lglutamine and Leucine helps reduce muscle soreness, and speeds up recovery. This makes it a great choice for athletes.
- Natural Hydration: Native Path Native Hydrate is a clean, natural hydration product that does not contain artificial additives. It contains ingredients such as coconut water powder or pink Himalayan Salt. It is not only more effective, but it's also healthier for your body.

• **Improved Endurance:** This formula improves endurance, not only by keeping you hydrated, but also by increasing blood circulation and oxygen delivery to muscles.

#### NativePath Hydrate Flavors & Taste Profile

NativePath Native Hydrate is a product that shines because of its wide range of flavors. These flavors are available in Peach-Mango, Mixed Berry and Tangerine and provide a refreshing, enjoyable experience, without artificial sweeteners. The natural fruit flavors have been a big hit with users, who are happy to use this product in their daily routines.

#### **NativePath Native Hydrate: Benefits**

#### **1.Enhanced Hydration**

Electrolytes are a balanced mixture that ensures your body retains fluids and prevents dehydration. This is especially important during physical activity.

#### 2. Improved Muscle Regeneration:

• Combining amino acids with BCAAs helps to reduce muscle pain and promotes faster recovery. This allows you to get back to your exercise routine quicker.

#### **3.Increased energy and endurance:**

• NativePath Native hydrate boosts endurance and energy by improving blood flow to the muscles.

#### 4. Clean, Natural Ingredients:

• This supplement is a great way to stay hydrated without artificial flavors, sweeteners or colors.

#### 5. It is convenient and easy to use:

• NativePath Native Hydrate can be easily incorporated into your daily routine. Simply mix a scoop of the product with water and you're ready to go. This is perfect for pre, during or after workout hydration.

# **Supplement Facts**

Serving Size: 9.1 g (About 1 Scoop)

Servings Per Container: 30

Amount Per Servin	ng % Dail	y Value	Amount Per Servin	g % Daily V	alue
Calories	5		BCAA 2:1:1	2000 mg	**
Total Carbohydrate	1 g	<1%*	(L-Leucine, L-Isoleucine, L-Valin		
Thiamin (as Thiamine HCI)	0.6 mg	50%	L-Glutamine	1000 mg	**
Riboflavin	0.7 mg	50%	L-Glycine	500 mg	**
Niacin (as Niacinamide)	8 mg	50%	L-Lysine HCl	400 mg	**
Vitamin B <sub>6</sub> (as Pyridoxine HCl)	0.9 mg	50%	L-Threonine	300 mg	**
	0 mcg DFE	100%	Taurine	200 mg	**
5-Methyltetrahydrofolate)	U		L-Phenylalanine	150 mg	**
Vitamin B <sub>12</sub> (as Methylcobalamin)	2.4 mcg	100%	Choline Bitartrate	125 mg	**
Biotin	30 mcg	100%	L-Histidine	100 mg	**
Pantothenic Acid (as D-Calcium Pantothenate)	3 mg	50%	Calcium Carbonate from Lithothamnion spp. (Aquamin™)	50 mg	**
Choline (as Choline Bitartrate)	50 mg	9%		50 mg	**
Calcium (from Lithothamnion spp)	17 mg	1%	L-Tryptophan	40 mg	**
Magnesium (as Magnesium Citrate)	105 mg	25%	L-Methionine	10 mg	**
Zinc (as Zinc Amino Acid Chelate)	6 mg	50%		53	
Sodium (as Himalayan Rock Salt)	200 mg	9%			
Potassium (as Potassium Citrate)	100 mg	2%			
*Daily Values Based on a 2,000 C	alorie Die	t	**Percent Daily Values (DV) Not E	stablished	

NativePath Hydrate Pricing options and purchase options

NativePath Native Hydrogen is available with a range of purchasing options to suit a wide range of budgets.

- Single Jar: \$43
- 3 Jars: \$99
- 6 Jars: \$168

Each order comes with FREE bonus items like a tumbler and funnel, which adds value to the purchase. The funnel makes it easy to mix your drink while on the move, and the tumbler keeps your drink cold all day.

## **User Reviews and Testimonials**

NativePath Native Hydrate is receiving positive feedback, and many users praise its effectiveness and taste. Here are some highlights of user reviews:

#### **Positive Experiences**

- The users have seen a significant improvement in their hydration during daily activities and workouts.
- Customers have enjoyed the natural and refreshing flavors.
- Among athletes, the benefits of faster muscle recovery and reduced fatigue are often mentioned.

#### **Constructive feedback:**

- Some users felt that the price was a bit high in comparison to other hydration products, but the quality they received justified it.
- A few users have expressed the desire for more flavor options. However, overall satisfaction with current flavors is high.

#### NativePath & Dr. Chad Walding

NativePath, a highly regarded health supplement company, was founded by Dr. Chad Walding is a Doctor of Physical therapy based in Austin Texas. The company is dedicated to creating products that support overall health and well-being, with a focus on natural, scientifically-backed ingredients.

NativePath Native Hydrate was developed with Dr. Chad Walding's extensive background in holistic health and physical therapy. The product formulation reflects his commitment to quality and efficacy, making it an excellent choice for anyone looking to improve their health and hydration.

# NativePath Native Hydrate: How to incorporate it into your routine

NativePath Nativehydrate can be easily incorporated into your daily routine.

- **Before Exercise:** Mix a scoop of powder with water 30 minutes prior to your workout for optimal hydration.
- Exercise: If you are exercising for a longer period of time, it is best to drink NativePath Native hydration

throughout the session in order to prevent dehydration and maintain electrolyte levels.

• After Exercise: Consuming a supplement after exercise helps replenish electrolytes lost and supports muscle recovery.

It can be taken on days when you don't exercise to support your overall health and hydration.

#### **NativePath Native Hydrate: Who can benefit from it?**

NativePath Native Hydrogen is suitable for many individuals.

- Athletes & Active Individuals: For those who need to maintain muscle recovery and hydration during intense physical activity.
- **Busy professionals:** Ideal to anyone who wants to stay hydrated throughout the day.
- Older adults: Helps maintain electrolyte and hydration balance. This can be more difficult with age.
- Wellness seekers in general: Staying hydrated for your overall health is important, even if you are not an athlete. NativePath NativeHydrate makes this easier.

#### FAQs

#### **1. How often should I use NativePath Native hydrate?**

NativePath Native Hybridate can be taken 1-2 times per day, depending on the hydration requirements, and especially before, during or after exercising.

2. NativePath Native Hydrate is suitable for vegans.

The product is vegan friendly, since it contains no animal-derived ingredients. Always check the label to see if there are any dietary concerns.

# **3.** Can I use NativePath Native hydrate if I am not an athlete or a sportsperson?

Absolutely! NativePath Native Hydrogen is beneficial to anyone who wants to maintain optimal hydration regardless of activity level.

#### 4. NativePath Native hydrate: Where can I buy it?

NativePath Hydrate can only be purchased on the official site. It is not available in the marketplace like Amazon.com.

#### **NativePath Native Hybrid: Is it Worth the Money?**

NativePath Native Hydrogen is a high-quality, highperformance hydration product. It contains a blend of BCAAs, BCAAs, and amino acids that promote hydration and muscle recovery. Natural ingredients, tasty flavors, and bonus items like the tumbler and funnel make this a great addition to any wellness regimen.

NativePath Native Hybrid is a more expensive product than other hydration products. However, its effectiveness and quality make it worth the investment for anyone who cares about their health and hydration. This supplement is worth considering if you are an athlete, fitness fanatic, or simply someone who values proper hydration.

Visit the NativePath official website for more information and to purchase NativePath Native hydrate.

