

NEW ZERO SPORT HYDRATION SALTS

MAKES
ANY
DRINK
INTO A
SPORTS
DRINK

HIGH5
www.highfive.co.uk



ZERO SALTS is the same product as **ZERO SPORT** but without any flavouring.

This allows **ZERO SALTS** to be added to any favourite drink, Ribena, squash, or diluted fruit juice to create a perfectly configured electrolyte drink.

ZERO SALTS can also be used to increase the electrolyte concentration of your existing sports drink when it's very hot and or the race distance is long.

ZERO
SPORT HYDRATION SALTS
SALTS
ANTI-CRAMP
ELECTROLYTE HYDRATION TABS
+MAGNESIUM





To improve your individual performance and offset the advance of cramp, increase your consumption of **ZERO SALTS** to 2 tabs per 500ml drink during hotter training conditions.

The neutral flavour of **ZERO SALTS** enables the mixing of any drink to become a powerful Electrolyte hydration sports drink.



If you've never experienced the excruciating and debilitating pain of a muscle cramp, count yourself lucky!

When muscle cramping strikes during exercise, it can scupper even the best-laid competition or workout plans. For all sportsmen and women therefore, minimising the risk of muscle cramps with good nutritional strategies makes extremely good sense.

By following the recommendations in our **FREE** guide by Andrew Hamilton (BSc Hons MRSC ACSM), you can certainly minimise your cramp risk.

Zero Active hydration and Zero Salts are different to conventional sports drinks in that they provide nominal energy/ calories. Zero is not designed to replace your carbohydrate sports drink for outright performance gains. Instead it should be used strategically during training to increase fat oxidation, fat loss and adaption. As Zero is low carb and sugar free it can also be used as part of a weight loss program.