

BARBARIAN NUTRITION'S

HYDRA CHARGE

is the NEW secret weapon to keeping all warriors battle ready day after day! With all NINE amino-acids essential in muscle recovery, you will be ready to take on any WAR that lay in your wake. Forged with its cutting edge Hydration and B-Vit Complex, every blow on the battlefield will be done with maximum force. Be prepared for the ultimate muscle recovery and hydration compound known to man!

SUGGESTED
USE



Ingredients: Instantized BCAAs (as InstAminos™) 2:1:1 (Leucine, Isoleucine, Valine), EAA Blend (L-Threonine, L-Lysine, L-Phenylalanine, L-Tryptophan, L-Histidine, L-Methionine), Taurine, Coconut Water Extract (Cocos Nucifera) (Fruit), Di-Sodium Phosphate, Di-Potassium Phosphate, Magnesium Glycinate, Niacinamide, Pyridoxine Hcl, Thiamine Hcl, Cyanocobalamin.

Other Ingredients: Flavouring, Non-Nutritive Sweeteners (Sucralose and Acesulfame K), Anti-Caking Agent, Colourant (E133).

InstAminos™ is a trademark of Compound Solutions, Inc.

Allergen Information: Contains no common allergens, but is produced in a facility that processes Whey, Casein and Egg.



Typical Nutritional Information

Serving Size: 1 Level Scoop (12 g)
Servings Per Container: 30

	Per 12g Serving	Per 100g	DV%*
Energy	26 kJ	220 kJ	†
Protein	0 g	0 g	†
Carbohydrates	0.4 g	3.2 g	†
of which Sugar	0.1 g	0.4 g	†
Total Fat	0.1 g	0.4 g	†
of which Saturated Fat	0.1 g	0.4 g	†
Total Sodium	300 mg	2 500 mg	†
Total Potassium	192 mg	1 600 mg	†
Instantized BCAAs (as InstAminos™) 2:1:1	5 000 mg	41 667 mg	†
L-Leucine	2 500 mg	20 833 mg	†
L-Isoleucine	1 250 mg	10 417 mg	†
L-Valine	1 250 mg	10 417 mg	†
Essential Amino Acid Blend	1 100 mg	9 167 mg	†
L-Threonine	300 mg	2 500 mg	†
L-Lysine	300 mg	2 500 mg	†
L-Phenylalanine	300 mg	2 500 mg	†
L-Tryptophan	80 mg	667 mg	†
L-Histidine	80 mg	667 mg	†
L-Methionine	40 mg	333 mg	†
Hydration :	1 785 mg	14 875 mg	†
Electrolyte Potentiating Compound			
Taurine	1 000 mg	8 333 mg	†
CocOganic™	250 mg	2 083 mg	†
(Coconut Water Powder)(Cocos Nucifera)(Fruit)			
Di-Sodium Phosphate	300 mg	2 500 mg	†
Di-Potassium Phosphate	190 mg	1 583 mg	†
Magnesium (as Magnesium Glycinate)	45 mg	375 mg	12%
B-Vit Complex	55 mg	458 mg	†
Niacin (as Niacinamide)	30 mg	250 mg	188%
Vitamin B6 (as Pyridoxine HCL)	15 mg	125 mg	881%
Vitamin B1 (as Thiamine HCL)	10 mg	83 mg	832%
Vitamin B12 (as Cyanocobalamin)	70 mcg	583 mg	2 917%

*Percent Daily Values are based on a 2 000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. † - %DV Not Established.

Disclaimer: Warning: Seek advice from a health care professional before use if you have any pre-existing medical condition. Do not use if you are pregnant or nursing, or if you are being treated for heart disease or high blood pressure. Should not be used in conjunction with any prescription medication, including MAO inhibitors, stimulants or anti-depressants. Discontinue use and consult your doctor if any adverse reactions occur. KEEP OUT OF REACH OF CHILDREN.

INSTAMINOS

CocOganic
ORGANIC COCONUT WATER POWDER

Available Flavours:

COTTON
CANDY

MANGO
ORANGE