



performance hydration for your active lifestyle

Beyond Hydration

We know hydration is vital to athletic performance. Dehydration can lead to physical fatigue, muscle cramps and even impaired mental function.

Studies show the benefits of isotonic sports drinks go beyond simple hydration. A carbohydrate-based sports beverage throughout strenuous exercise provides sustained power, replaces energy and ensures rapid muscle recovery. Optain!® performs better than water alone, replacing electrolytes and other key nutrients lost during exercise.

Peak Performance

Optain provides your body with the combination of vitamins, minerals and antioxidants it needs to stay in top form. It's the perfect complement to your active lifestyle. With Optain, you can excel — on or off the playing field!

At the gym. Keep yourself running with a bottle of Innergize on the treadmill to replace electrolytes critical to endurance.

On the field. Hit a home run when you fill the water cooler with Optain to give the little league team an extra advantage.

In hot weather. Combat dehydration and overheating when you're mowing the lawn in the summer sun.

For everyday energy. Enjoy Optain daily for a refreshing way to keep you going through work and errands all week long. With two delicious options — orange or lemon — there's a flavor you're sure to love!

Powerful Ingredients

Distinctive, advanced ingredients mean Optain stands out in a crowd of sports beverages.

Chromium: plays a vital role in energy production, muscle development and metabolism.

Zinc: helps repair muscle damage and speed recovery after workouts while strengthening your immune system.

Potassium & Sodium: support muscle exertion without cramping and perspiration without salt depletion.



For more information or to order:
800 RELIV US (735.4887)

