



HEALTHIER, PERFORMANCE-DRIVEN HYDRATION

The Market Leader in Saliva Hydration Testing



1 SACHET = 1 LITRE OF SWEAT

The ONLY sachet that replaces a full liter of sweat.

Maximum Efficiency for reduced heat stress, better logistics, and better worker productivity.

THE INDUSTRIAL HYDRATION GAP

In high-heat Mining/FIFO environments, workers lose approx **800 - 1500mg of sodium per hour**. Most "leading" industrial drinks provide only 15 - 25% replacement per litre.

Feature	Competitors	MX3 Hydrate
Electrolytes per serve	240 - 350mg	1,400mg
To replace 1L sweat	4 - 6 Sachets	1 Sachet
Cost Impact	High Volume	Reduce Cost 75%



800mg Sodium & 400mg Potassium
Optimal Fluid Balance:
For Rapid Hydration

100mg Magnesium & 100mg Calcium
Muscle & Nerve Function:
Fights Cramps & Fatigue

**AVAILABLE IN
RASPBERRY & LEMON LIME**



SCIENTIFIC HYDRATION & THE SWEET SPOT

MX3 Hydrate utilizes a **Hypotonic formula** to hit the hydration "Sweet Spot", activating NHE3 and ENaC pathways for 20-30% faster uptake into the bloodstream.

Metric	MX3 (Hypotonic)	Isotonic Drinks
Osmolality	105.8 - 211.7 mOsm/L	280 - 330 mOsm/L
Gastric Emptying	Fast (Zero Gastric Drag)	Delayed (GI Upset)
Energy Stability	Stable Energy	Crashes & Spikes
Composition	Zero Fillers	>6% Sugar / Fillers

Full Spectrum Minerals:

Contains Sodium, Potassium, Magnesium & Calcium for optimal fluid balance. Supports muscle and nerve function to fight cramps & fatigue.

CLEAN LABEL ADVANTAGE



ZERO CARBS

Safe for Keto & Diabetes

ZERO SUGAR

Stable Energy, No Insulin Spikes, Focused Cognitive Clarity

ZERO MALTODEXTRIN

Eliminates Gastric Drag, Bloating & Sloshing



PERSONALISED HYDRATION GUIDE

Tailored intake based on your MX3 hydration and sweat sodium scores.

Status	MX3 Score	Recommended Intake
Hydrated	≤ 65 mOsm	Consume as normal
Mildly Dehydrated	66-100 mOsm	0.5 sachet + 600ml water
Moderately Dehydrated	101-150 mOsm	1.0 sachet + 1200ml water
Severely Dehydrated	≥ 151 mOsm	2.0 sachets + 2400ml water

*For High Sweat Sodium Concentration, add +0.5 sachets. For Very High, add +1.0.

**MX3 Hydration Categories are guidelines only, may vary depending on the individual, and are not intended to be used as medical advice.