



A true oral rehydration solution to effectively manage dehydration

Water makes up almost two thirds of our body mass.^{1,2} It plays many essential roles in the body, including transporting nutrients and hormones, removing waste through urine and stools (poo), regulating body temperature through sweat, and keeping our joints lubricated.¹ Maintaining a healthy level of water in the body is important to keep it working well.^{1,2}

Dehydration occurs when the body loses more water than it takes in.¹ Your health provider may have recommended you take Hydralyte to help you manage your dehydration.

What is Hydralyte?

Hydralyte is an **oral rehydration solution (ORS)**, a mixture that is specially formulated to rehydrate the body fast, and a recommended treatment for mild-to-moderate dehydration.³⁻⁶

It contains two key ingredients that help your body quickly absorb and replace the water lost during dehydration:
salt (sodium) and sugar (glucose).³⁻⁶

Not all ORS are made the same

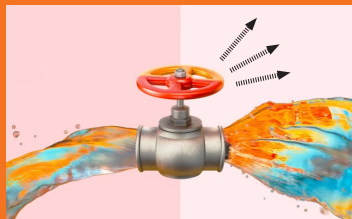
- The levels of salt and sugar in a drink impact how quickly your body is able to absorb water^{7,8}
- **Drinks that contain more sugar than salt, like many sports drinks, move water into your body slower** than an ORS that contains balanced levels of salt and sugar^{7,8}

Unlike other electrolyte drinks, Hydralyte is a true ORS – meaning it is scientifically formulated with the optimal levels of salt and sugar based on the World Health Organization's criteria for fast and effective rehydration.^{3,9}

How the optimum ratio of salt to sugar in Hydralyte works to rehydrate you faster than water alone:^{3,8-11}



It starts with a protein in your intestines called the **sodium-glucose cotransporter (SGLT1)**. After drinking Hydralyte, **two salt (sodium) particles and one sugar (glucose) particle attach** to SGLT1.



This **activates SGLT1**, causing it to **pump the salt into the bloodstream** along with the sugar and some water.



As SGLT1 pumps more salt into the bloodstream, **the body works to balance it out** by drawing even more water in – **creating an ongoing flow of water for rapid rehydration.**

See it in action:



Scan the QR code for a video animation

- ✓ The #1 ORS in Australia*
- ✓ Suitable from newborns to the elderly
- ✓ Available in a wide range of flavours and formats



*IQVIA, Pharmacy Scan, MAT to 02/08/2025.

Understanding your Hydralyte options

The most appropriate Hydralyte product will depend on your personal needs and preferences:

 Ready to Use Solution	 Powder Sachets	 Effervescent Tablets	 Ice Blocks
Directions for use			
• Ready to drink – no mixing, stirring, or diluting required • Refrigerate after opening and discard after 1 month	• Dissolve 1 sachet in 200 mL of water and stir until dissolved • Discard unused solution after 2 hours, or 24 hours if refrigerated	• Dissolve 2 tablets in 200 mL of water – always dissolve in water, never place directly in your mouth • Discard unused solution after 2 hours, or 24 hours if refrigerated	• Freeze ice blocks and suck small amounts until consumed • May be consumed unfrozen, but Ready to Use Solution is more convenient to drink
Maximum dosage per day for adults*			
4 L	20 sachets	40 tablets	64 ice blocks
Available flavours			
• Orange • Apple Blackcurrant • Colour Free Lemonade • Strawberry Kiwi	• Orange • Apple Blackcurrant • Colour Free Lemonade • Watermelon Burst	• Orange • Apple Blackcurrant • Colour Free Lemonade • Strawberry Kiwi • Watermelon Burst • Tropical • Lemon Lime • Pineapple Breeze • Peach Crush • Passionfruit Punch	• Orange • Apple Blackcurrant • Colour Free Lemonade • Strawberry Kiwi • Watermelon Burst • Tropical

*See pack labels for maximum daily dosages for children <12 years.

For people living with diabetes: The National Diabetes Services Scheme (NDSS) recommends consideration of Hydralyte as part of a sick day management plan to help replenish fluid and electrolytes, particularly in the elderly.¹² Each Hydralyte 4.9g powder sachet contains approximately 2.9g carbohydrate per 200 mL (when made as directed).	Other key tips when taking Hydralyte: ✔ Sip liquid formats slowly and frequently, rather than drinking large amounts at once ✔ Do not mix sachets or tablets with cordial, juice, soft drinks or sports drinks – use fresh, cold drinking water only ✔ Keep a record of how much fluids you're drinking (e.g., by writing it down or with an app)
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Learn more about the Hydralyte range at www.hydralyte.com.au.

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

References: 1. Thomas DR, et al. *J Am Dir Assoc.* 2008;9(5):292–301. 2. Campbell N. *Nursing Times.* 2014;110(46):20–21. 3. World Health Organization (WHO). Oral rehydration salts. Production of the new ORS. 2006. Available at: <https://www.who.int/publications/i/item/WHO-FCH-CAH-06.1> (accessed August 2025). 4. Wright EM, et al. *Physiol Rev.* 2011;91(2):733–794. 3. 5. Oral rehydration in adults [published 2022 Aug]. In: Therapeutic Guidelines. Melbourne: Therapeutic Guidelines Limited; accessed August 2025. <https://www.tg.org.au>. 6. Oral rehydration in children [published 2022 Aug]. In: Therapeutic Guidelines. Melbourne: Therapeutic Guidelines Limited; accessed August 2025. <https://www.tg.org.au>. 7. Freedman S. Oral Rehydration therapy. In: Mattoo TK, Stack AM, Hoppin AG (Eds). UpToDate, Wolters Kluwer (updated August 2025, accessed August 2025). 8. Jeukendrup AE, et al. *Nutr Metab (Lond).* 2009;6:9. 9. Wright EM, et al. *J Intern Med.* 2007;261(1):32–43. 10. Kellett GL, Helliwell PA. *Biochem J.* 2000;350(1):155–162. 11. Zeuthen T, et al. *J Physiol.* 2001;531(Pt 3):631–644. 9. 12. National Diabetes Services Scheme. Clinical guiding principles for sick day management for adults with type 1 diabetes or type 2 diabetes: a guide for health professionals. Version 4.1.0 June 2025. Available at: <https://www.ndss.com.au/about-diabetes/resources/find-a-resource/sick-day-management-for-health-professionals/> (accessed August 2025). ©Care Pharmaceuticals 2025. Hydralyte® is a registered trademark of Care Pharmaceuticals. All rights reserved. August 2025.

