Hydralyte®

COLOUR FREE LEMONADE: Supporting optimal rehydration during bowel preparation

Emptying and cleansing the bowels before a colonoscopy can cause you to lose fluids and electrolytes – so it's important to keep hydrated.[1]

Hydralyte® Colour Free Lemonade:

- Is a **clear liquid** suitable for use during bowel preparation
- **Rehydrates faster** than water alone[1,2]
- Has a great tasting **lemonade flavour**

Available in a **range of convenient formats** to suit different 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

Other key tips when taking Hydralyte® Colour Free Lemonade

- For liquid formats: sip slowly and frequently, rather than drinking large amounts at once
- Do not mix sachets or tablets with cordial, fruit juice, soft drinks, or sports drink – stick with fresh, cold drinking water only

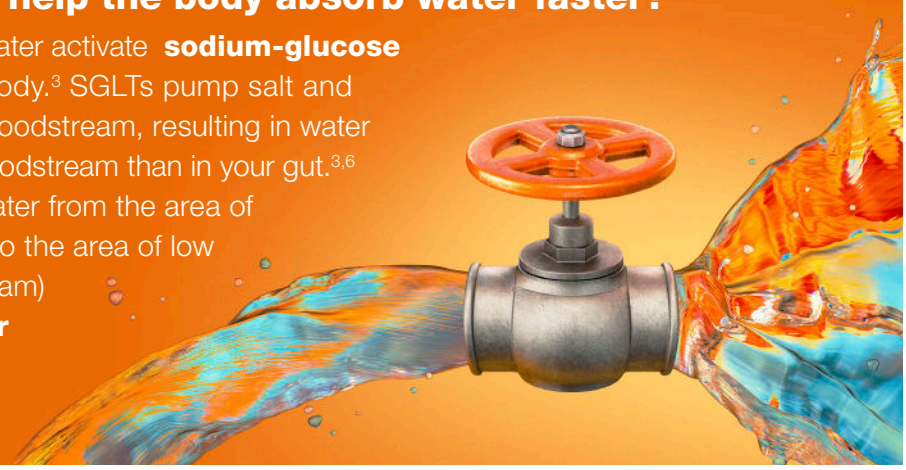
HOW HYDRALYTE® WORKS TO REHYDRATE FASTER THAN WATER ALONE: UNDERSTANDING ORAL REHYDRATION SOLUTIONS[2-4]

What is an oral rehydration solution (ORS)?

An ORS is specially **formulated to tackle dehydration** – which occurs when your body loses more fluid than it takes in.[4,5] An ORS contains two key ingredients that help to quickly replace the water lost during dehydration: **salt (sodium)** and **sugar (glucose)**.[4]

How does salt and sugar help the body absorb water faster?

Salt and sugar particles present in water activate **sodium-glucose cotransporters (SGLTs)** in the body.[3] SGLTs pump salt and sugar from your gut and into your bloodstream, resulting in water concentration that's lower in your bloodstream than in your gut.[3,6] To regain balance, the body pulls water from the area of high water concentration (your gut) to the area of low water concentration (your bloodstream) – helping to **naturally draw water into the body**.[3,6]



Not all ORS are made the same

The levels of salt and sugar in a drink impact how quickly your body can absorb water to rehydrate you.[2,3] **Drinks that contain more sugar than salt, like many sports drinks, move water into your body slower** than ORS that contain balanced levels of salt and sugar.[4,7]

Hydralyte® products contain the optimal balance of salt and sugar, which are based on the World Health Organization's recommendations for an effective ORS – so they can **rehydrate your body faster than water alone**.[2-4]

Achieve LYTESPEED rehydration everyday with Hydralyte®

Hydralyte® is not just for managing dehydration during bowel preparation – getting enough **hydration every day is important to keep your body running well**.[5,8]

Use **Hydralyte®** for **everyday rehydration**, as well as **managing dehydration** associated with:

- Vomiting and diarrhoea
- Exercise and strenuous activity
- Occasional hangovers
- Travel
- Heat

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE

References: 1. Lichtenstein GR, et al. *Aliment Pharmacol Ther.* 2007;26(5):633–641. **2.** Jeukendrup AE, et al. *Nutr Metabl (Lond).* 2009;6:9. **3.** Wright EM, et al. *J Intern Med.* 2007;261(1):32–43. **4.** World Health Organization (WHO). Oral rehydration salts. Production of the new ORS. 2006. Available at: https://www.who.int/maternal_child_adolescent/documents/fch_cah_06_1/en/ (accessed December 2024). **5.** Thomas DR, et al. *J Am Dir Assoc.* 2008;9(5):292–301. **6.** Lopez MJ, Hall CA. Physiology, Osmosis [Updated March 2023]. In: StatPearls [Internet]. Available: https://www.ncbi.nlm.nih.gov/books/NBK557609/ (accessed December 2024). **7.** Freedman S. Oral Rehydration therapy [Updated November 2024]. In: UpToDate (accessed December 2024). **8.** Cambell N. *Nursing Times*. 2014;110(46):20–21.

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