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# FORTE HYDRA Active

For maintaining hydration and energy

## Nutritional Information

One Sachet provides:

	*%NRV			*%NRV	
Vitamin C	100 mg	125	Chloride	177 mg	22
Vitamin D	2.5 µg	50	Calcium	13 mg	2
Thiamin	0.6 mg	55	Potassium	99 mg	5
Riboflavin (B2)	0.43 mg	31	Magnesium	56 mg	15
Niacin	25 mg	156	Zinc	1 mg	10
Folic acid	250 µg	125	Chromium	25 µg	63
Vitamin B12	1 µg	40	Sodium	260 mg	-
Pantothenic acid	50 mg	833	Dextrose	1.08 g	-

\*NRV = Nutrient Reference Values

Take one to three sachets daily or as directed by your healthcare practitioner.



## SUMMARY

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- An electrolyte solution, scientifically formulated to rehydrate and replenish the body with the vital minerals, sodium, potassium and chloride.<sup>4,11</sup>
- Also contains dextrose for energy support.
- Niacin, pantothenic acid, riboflavin (vitamin B2) and vitamins B12 & C contribute towards normal energy yielding metabolism and a reduction in tiredness and fatigue.
- Tasty natural lemon solution.

## DESCRIPTION

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Quest Forte Hydra Active provides essential minerals which contribute towards electrolyte balance and are essential to take water into the cell effectively. Also included are vitamins, including B vitamins and vitamin C which contribute towards normal energy yielding metabolism and a reduction in tiredness and fatigue.<sup>7</sup>

## ELECTROLYTES & HYDRATION

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Electrolytes are minerals dissolved in the body's fluids (blood, sweat, urine etc) which carry an electric charge and help to regulate and control the balance of fluids in the body. As the body consist of about 60% water, each fluid and cell contains electrolytes.<sup>6</sup>

Forte Hydra Active contains the key electrolytes sodium, potassium and chloride. These electrolyte minerals are essential to a variety of important body processes, including regulating blood pressure, maintaining blood pH, muscle contraction, nerve function and generally keep your system functioning properly.<sup>1,14</sup>

In some cases, we can lose these minerals through intense exercise, sweating, vomiting or diarrhoea. This can lead to symptoms such as fatigue, headaches, weakness, cramping and dehydration. In these cases an electrolyte solution such as Forte Hydra Active can help to quickly restore electrolytes and the fluid balance in the body.<sup>5,13</sup>

In particular, sodium is depleted through sweating. On average, the body loses 1 gram of sodium with every litre of sweat.<sup>9</sup> This is why electrolyte solutions are also favoured by athletes and sporting individuals.<sup>8</sup>

Electrolytes are closely linked with hydration. Adequate hydration is essential for overall health. Water is necessary for virtually all body functions. Both electrolyte solutions and regular water count towards the body's daily fluid needs.

## OTHER INGREDIENTS IN FORTE HYDRA ACTIVE SUPPORTING PHYSICAL ACTIVITY

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### Calcium and magnesium for muscle function

Calcium and magnesium work together for the normal functioning of muscles. Calcium is needed for muscle contraction, and magnesium is needed for the release of contractions, both essential is muscle function.<sup>12</sup>

**B vitamins for energy:** B vitamins are beneficial for energy production and some of them contribute directly to the energy production cycle.<sup>13</sup>

- Niacin (B3) – NADH
- Riboflavin (B2) – FADH
- Pantothenate (B5) – Co-enzyme A
- Vitamin B12 -methylmalonyl – CoA

NADH, FADH, Coenzyme A and methylmalonyl-CoA feed directly into the krebs cycle where they aid in the production of ATP, a vital energy source. Insufficient intake of B vitamins can impair energy production and leave a person feeling fatigued. Thiamin is also involved in energy metabolism, while vitamin B12 and folic acid are involved in red blood cell creation and the transportation of oxygen around the body.

**Vitamin C:** Vitamin C is needed for a chain of reactions that ends in glycolysis and gluconeogenesis for energy production and metabolism. Vitamin C also works with B vitamins in the adrenal glands for the regulation of blood glucose levels and the enzymatic conversion of fats, proteins, and carbohydrates into energy. Vitamin C is also required for collagen formation with the amino acids proline and glycine. Collagen is needed in the ligaments and tendons around the joints, and helps to stabilise the joints. Collagen is also a major component of cartilage.<sup>13</sup>

**Vitamin D:** Vitamin D is a major stimulator of intestinal calcium absorption and facilitates cellular calcium absorption. Vitamin D is often to be deficient in modern civilisation due to our lack of sunlight, and supplementation is recommended to anyone at risk of deficiency or bone disorders. Vitamin D deficiency is closely linked with fatigue and tiredness.<sup>10</sup>

**Dextrose:** Dextrose provides a quick source of carbohydrates, which can be rapidly metabolised by the body to produce energy. This energy is particularly important during periods of increased physical activity, such as sports performance, or in medical situations where patients may be unable to consume solid food.<sup>3</sup>

## ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING FORTE HYDRA ACTIVE?

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Forté Hydra Active is intended for use by adults who wish to support their hydration and physical performance and is not suitable for:

- Pregnant and breastfeeding women.
- Diabetic patients.
- Patients with liver or kidney function disorder.
- Patients with intestinal or bowel obstruction.

The product contains sodium, therefore individuals with a low-sodium diet must consult with a qualified medicinal professional before taking the product. Forté Hydra Active is not intended for daily general use or to be taken with any other product containing electrolytes.

Keep out of reach of children. Store in a cool, dry place.

## HOW SHOULD FORTE HYDRA ACTIVE BE TAKEN?

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Adults and children over 3 years, take one to three sachets daily. Dissolve one sachet in 500ml of drinking water. The oral solution should be made immediately prior to use and should not be stored. The sachet should not be reconstituted with a different volume of water than stated, or in any other liquid. Do not add sweetener or any other ingredients.

## HEALTH NEED

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EVERYDAY HEALTH  
& WELLBEING



ENERGY



STRESS & HECTIC  
LIFESTYLE

## SCIENTIFIC REFERENCES

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