

Hydralyte®

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

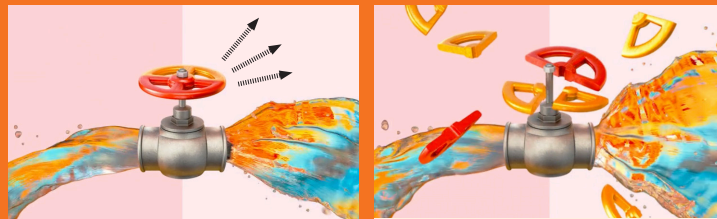
- The levels of salt and sugar in a drink impact how quickly your body is able to absorb water^{7,8}
- **Drinks that contain more sugar than salt, like many sports drinks, move water into your body slower** than an ORS that contains balanced levels of salt and sugar^{7,8}

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



Understanding your Hydralyte options

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

 <p>Ready to Use Solution</p>	 <p>Powder Sachets</p>	 <p>Effervescent Tablets</p>	 <p>Ice Blocks</p>
Directions for use			
<ul style="list-style-type: none"> Ready to drink – no mixing, stirring, or diluting required Refrigerate after opening and discard after 1 month 	<ul style="list-style-type: none"> Dissolve 1 sachet in 200 mL of water and stir until dissolved Discard unused solution after 2 hours, or 24 hours if refrigerated 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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			
<ul style="list-style-type: none"> Orange Apple Blackcurrant Colour Free Lemonade Strawberry Kiwi 	<ul style="list-style-type: none"> Orange Apple Blackcurrant Colour Free Lemonade Watermelon Burst 	<ul style="list-style-type: none"> Orange Apple Blackcurrant Colour Free Lemonade Strawberry Kiwi Watermelon Burst Tropical Lemon Lime Pineapple Breeze Peach Crush Passionfruit Punch 	<ul style="list-style-type: none"> 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)

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. Kelllett 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).

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