



Hydration Protocols

Active Lifestyle				
	A.M.	Pre-Exercise	Post Exercise	P.M.
H ₂ Elite™	1 tablet dissolved in 8-12 oz. filtered water	OPTIONAL DOSE Depending on when the A.M. dose was taken	1 tablet dissolved in 8-12 oz. filtered water	
Quintessential 3.3	1 Ampoule			
Quintessential Sachets			1 Sachet	
Quintessential 0.9				1-2 Ampoules Supports sleep and relaxation
<i>It is recommended to take all hydration supplements between meals.</i>				

Daily Hydration			
	A.M.	MIDDAY	P.M.
H ₂ Elite™	1 tablet dissolved in 8-12 oz. filtered water	OPTIONAL 1 tablet dissolved in 8-12 oz. filtered water	
Quintessential 3.3	1 Ampoule		
Quintessential Sachets	1 Sachet	OPTIONAL 1 Sachet for stamina and alertness and immune health	
Quintessential 0.9		OPTIONAL 1 Ampoule for stress reduction and immune health	1-2 Ampoules Supports sleep and relaxation
<i>It is recommended to take all hydration supplements between meals.</i>			