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Featured Essential: NUUN!

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Sun, Jan 26, 2020 at 10:43 AM

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HYDRATE HYDRATE HYDRATE!

One the biggest mistakes we see in training and in every day life is people not drinking enough water. But even if you are getting in enough ounces of water, that might not be enough! That's why we brought in our friends at Nuun for our adrenals box of essentials!

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How much water should you drink?

Start with figuring out the baseline number of ounces a day

Bodyweight ÷ 2 + 8 oz for every
coffee or caffeinated drink

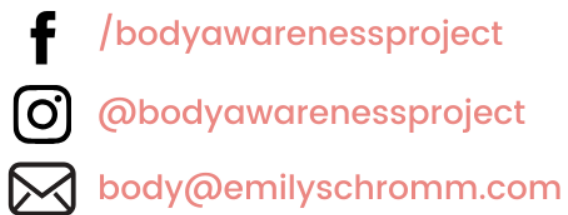
BETTER FORMULA: Supercharge that water with NUUN! If your baseline number looks daunting, you can make more of the water you DO drink with NUUN.



Nuun is for EVERYONE. That's because it includes all the electrolytes you need to **retain** your hydration! If you're looking to restock on your Nuun haul and get **25% off your purchase**, use this code at checkout:

meatheadhippie25

Shop Nuun



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