NEWS | NUTRITIONALS

Healthy hydration with new Fast&Up Reload

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By **Vallari Mathure** | January 3, 2020



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Fast&Up, one of the fastest growing nutrition brands in the country, offers India's first effervescent range of nutrition. Their flagship energy replenishment drink: 'Reload' is a hypotonic effervescent
hydration supplement.

Reload is India's only pure, clean, low-sugar and fast- acting hydration
drink. The Blueberry reload is packed with all this goodness as well as a flavour kids would love allowing for nutrition, hydration and delicious taste on one unique combination.

These effervescent tablets dissolve instantly in water and can be a great energy drink for active kids. The use of Reload into one's own bottle of water builds awareness amongst children to prevent
wastage and encouraging usage of healthy and eco-friendly glass or steel bottles for consumption.

It is also 100% vegetarian, safe for consumption by children ages eight and up. Extreme weather conditions often render our children dehydrated and low on energy at the end of a day at school or after playing a sport.

The Blueberry Reload is low on sugar, quick to absorb and also contains vital vitamins and nutrients.

Some of the benefits of Blueberry Reload hydration for your child:

- Instant Hydration & Energy
- Helps maintain electrolyte balance
- Help Prevent dehydration and heat stroke
- Great Tasting, Fast Acting
- Great as an after school/after play energy drink
- The Effervescent mix helps in avoiding any kind of gastrointestinal distress

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