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OUTDOOR EXTREMES - BUY

Unique hydration drink available in tablet form

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POSTED: 06/24/2008 12:30:00 AM MDT

Caffeine for hydration? That's the new notion out of Chicago, where BE Innovations has developed and recently launched its new Guarana-infused hydration drink, ZYM Catapult (MSRP: \$8.95 for a tube of 10 tablets).

The portable sports drink in tablet form adds 100mg of Guarana caffeine and 500mg of vitamin B-12 to its 2-year-old formula known as ZYM Endurance for a berry-flavored buzz designed to fight off dehydration, fatigue, muscle pain and lactic acid buildup. The formula also contains various doses of sodium, potassium, calcium, magnesium and vitamin C in a brew designed specifically for endurance athletes.

Whether it will carry you to a record performance at the Leadville Trail 100, you'll have to determine for yourself. But the portability of the tablets packed smaller than a roll of quarters is undeniably convenient (just add to a 16-ounce bottle of water), and the clean-tasting alternative to sugar-loaded sports drinks is a refreshing change of pace.

Get it: at www.drinkzym.com.



(MSRP: \$8.95 for a tube of 10 tablets)

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