



## **Western Force Aqualyte Testimonial**

The Western Force have been using Aqualyte for over 6 years as the preferred training and competition hydration drink.

The science behind Aqualyte and its reported benefits were thoroughly reviewed and tested by the previous Athletic Performance staff and by my current staff with positive results.

I endorse the players' feedback : compared to other products, the mild pleasant taste of Aqualyte is ideal during training and competition. The taste is not overpowering and does not leave any lasting after-taste. Also the convenience of the packaging makes it very versatile, which suits a hydration program when travelling.

Aqualyte is a low carbohydrate (sugar) drink which is rapidly absorbed from the gut into the blood stream. This rapid absorption allows for optimal consumption of fluids before play, during breaks in play and at half time, without players feeling bloated or experiencing gastric discomfort. Maximising fluid intake, especially in February- March when environmental conditions can be harsh, ensures our players maintain hydration status and avoids any other adverse effects that can affect performance.

Aqualyte have been loyal supporters of the Western Force over many years now and I would not hesitate to recommend it to other sport scientists, teams and athletes.

Will Markwick  
Head of Athletic Performance  
Western Force