

Smart Hydration: The Hidden Advantage That Keeps You in the Game



Every athlete knows the feeling — you're cruising through your morning matches, sharp and energized, when suddenly your legs feel like lead, your focus fades, and your shots start slipping. You haven't lost your fitness — you've lost your hydration.

Even a minor drop in hydration (as little as 1–2%) can drastically affect performance — slowing reaction time, draining stamina, and increasing the risk of cramps and fatigue.

Here's the catch: by the time you actually feel thirsty, your body is already dehydrated. And it's not just about how *much water you* drink — it's about how *well* your body can use it. Most bottled or filtered water lacks its natural molecular structure, forcing your body to work harder to absorb it. That inefficiency often causes that familiar mid-match energy crash.

The Breakthrough

Structured, or "living," water mirrors what's found in untouched natural springs. It's more bioavailable — meaning your cells can absorb it faster and more efficiently. Players who make the switch often report steadier energy, sharper focus, and quicker recovery between games.

Coach's Take

"Once I started drinking structured water, I stopped hitting that mid-morning wall. I didn't realize how much energy I was burning just trying to stay hydrated."

— **Bob Savar**

The Bottom Line

Hydration isn't just about drinking more — it's about drinking smarter.

The **Natural Action™ Portable Unit** restructures ordinary water into its most natural, absorbable state — helping players stay hydrated, focused, and strong, game after game. [Get 15% off + free shipping with code pbgnews15 at NaturalAction.com.](#)

The Holiday Hydration Event: Free Portable Revitalizer

From **November 17th through December 31st**, every customer purchase includes a **FREE** Portable Revitalizer. *(Offer **excludes** orders consisting only of the Portable Revitalizer.)*

