



Product details of Whale-of-a-Time by Yeti (350ml)

- Yeti Isotonic contains the precise mix of electrolytes for superior rehydration
- Comprehensive mix of B-vitamins for recovery and energy.
- Yeti Isotonic sports drink has been designed to be in balance with your body's fluids to give you fast hydration and energy when you need it most.
- For those who train hard and push their body to the limits, sports drinks can be a key component to maintaining performance.

Discover the power of superior rehydration

You lose a lot more than water when you sweat, including critical electrolytes that help your brain communicate with muscles and regulate your body's fluid balance. Significant losses in fluids and electrolytes can negatively impact performance, especially during long bouts of training. Yeti Isotonic contains the precise mix of electrolytes for superior rehydration and comprehensive mix of B-vitamins for recovery and energy.

Superior hydration with Yeti

You lose a lot more than water when you sweat, including critical electrolytes that help your brain communicate with muscles and regulate your body's fluid balance. Significant losses in fluids and electrolytes can negatively impact performance, especially during long bouts of training. During challenging athletic events, it is not uncommon for athletes to lose 6–10% of body weight in sweat loss, thus leading to dehydration. Decrements in physical performance in athletes have been observed under much lower levels of dehydration, as little as 2%. At 2% loss of body weight through sweat loss, your performance will drop by over 15%. Yeti Isotonic sports drink has been designed to be in balance with your body's fluids to give you fast hydration and energy when you need it most. For those who train hard and push their body to the limits, sports drinks can be a key component to maintaining performance. Water alone isn't enough when you are playing intensive or endurance sport. Your body needs more. Yeti Isotonic contains the precise mix of electrolytes for superior rehydration and comprehensive mix of B-vitamins for recovery and energy.