

ARRIVAL AT DAYTIME



HOW TO TAKE ON
TRAVEL FATIGUE
AND ARRIVE
RESTED & ENERGIZED

WHY & HOW

Mix each sachet with 500 ml of water. Mix thoroughly.

All mixes need a minute to properly dissolve before drinking.

STEP ONE

BEFORE TAKE-OFF

PREP



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Drink in the airport, at the gate or when comfortably seated in the plane.



Hydrate

Drinking water to combat dehydration is great, but without the essential vitamins and minerals, you'll likely be spending most of the flight running to the airplane toilet.

PREP addresses the need for hydration and boosts your body with essential vitamins and minerals

STEP TWO

AFTER YOUR FIRST MEAL

REST



REST

Drink after your first meal or when you want to wind down and relax for a few hours.



Relax

Sitting in a high-pressure, low-humidity environment causes your body to release stress hormones, which counters your body's ability to relax. The solution? An innovative mix of adaptogens to create the optimal conditions for quality rest and sleep.

STEP THREE

AT ARRIVAL

WAKE



WAKE

Drink this mix when you arrive at your new destination.



Energy & Focus

Drink this mix when you arrive at your final destination and hit the ground running. To speed up post-flight recovery, re-energize and boost cognitive performance, we've included protein and adaptogens like Ginseng and Schisandra.