

# GEL BALL HYDRATION 101

## Required:

1. Pack of Gel Balls
2. Bucket
3. Water

## Gel ball / water ratio:

- 10,000 pack / 4L water
- 5,000 pack / 2L water
- 500 pack / 200ml water

## Method:

**Step 1:** Empty gel ball pack into bucket

**Step 2:** Fill bucket with water (more is better)

**Step 3:** Allow gel balls to **soak** for **4 hours minimum!**

**(Overnight recommended)**

Your gel balls are now ready to use.

**Storage:** Up to 2 weeks in an airtight container away from sunlight. For best results, store in water and strain when needed.