

40-Plus Hydration Rule

The Simple Daily Water Formula for Adults Over 40

Boost energy, support metabolism, reduce cravings, and improve recovery with a structured hydration strategy designed for men and women over 40.

The 40+ Hydration Formula

- Drink half your body weight (lbs) in ounces of water daily.
- Minimum baseline: 2.5–3 liters per day for most adults.
- Add 500–750 ml extra during workouts or hot weather.
- Drink 500 ml immediately after waking.
- Add electrolytes when fasting or sweating heavily.
- Limit sugary drinks and excessive caffeine.
- Hydrate consistently — don't wait until you feel thirsty.

Sample Daily Hydration Schedule

- Morning: 500 ml upon waking
- Mid-Morning: 500 ml
- Lunch: 400–500 ml
- Afternoon: 500 ml
- Evening: 400 ml (stop 1–2 hrs before bed)

Support Your Hydration & Fat Loss Results

Many readers over 40 combine proper hydration with a metabolism-support formula to improve energy, reduce cravings, and enhance fat-burning results.

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Disclaimer: This guide is for educational purposes only. Consult your healthcare provider before starting any supplement program.