

ELECTROLYTE DRINKS

Hydration involves more than water. It is a balancing act of several ionic minerals (aka electrolytes) that regulate how, when, and where that water is stored.

Sports drinks are designed to provide the minerals needs to rehydrate after a workout, but they are not all created equal.

DITCH

processed sports drinks & beverages

- **ADDED SUGARS:** *can spike blood glucose & insulin, promote hormonal imbalance, and increase inflammation in the body*
- **ZERO-CALORIE SWEETENERS:** *contribute to glucose intolerance, increase sugar cravings later, and many have negative side effects*
- **FOOD COLORING:** *can trigger hyperactivity & allergic reactions in some individuals*



DRINK

natural & clean hydration

- **NATURAL SALT:** *add a pinch of pink Himalayan, Celtic, or sea salt*
- **INFUSE:** *infuse your water with flavor & nutrients from fresh fruit, cucumbers, herbs*
- **NATURE'S SPORT DRINKS:** *coconut water, cactus water, aloe vera juice, electrolyte water*
- **HOMEMADE SPORT DRINK**
1 tsp maple syrup, 1/16 tsp salt, and a squeeze of lemon in 20 oz water

