

Electrolyte Concentrate

E-Lyte Concentrate is an actual electrolyte replacement. It is slightly salty since it contains salt (Sodium Chloride NaCl). But the sodium is more than balanced with liberal amounts of potassium and magnesium as well as all the anions. It is most important to have all the electrolytes in balance since they are all necessary. Each and every one. Balance is the key. The 4 marvelous alkaline minerals (the electrolytes); sodium, potassium, magnesium and calcium are the four horseman of metabolism. Our Electrolyte Concentrate contains three of the 4 (potassium, sodium and magnesium).



What is E-Lyte Electrolyte Concentrate used for?

Balanced Electrolyte Concentrate cleans & replenishes the blood by balancing the essential electrolytes, which is vital for proper CNS (central nervous system) & muscular function. Not only balancing, but constantly adding, in cases of fatigue and poor metabolic function, such as muscle cramps. Electrolytes drive all muscle function from the blinking of an eye to the wiggling of a finger.

What are the ingredients in E-Lyte Electrolyte Concentrate?

E-Lyte Electrolyte Concentrate is a proprietary blend of purified water with 3 macro minerals: potassium, sodium, and magnesium & their chemical partners: phosphate, chloride, bicarbonate, and sulfate.

What is the recommended dosage of E-Lyte Electrolyte Concentrate?

The recommended dosage of E-Lyte Electrolyte Concentrate is ½ an ounce of concentrate to 8 oz. of water, or 8 ounces into 1 gallon of water or milk. Drink an 8 oz. serving 1-2 times daily, or as directed by your physician or HCP.

How long will 1 bottle of E-Lyte Electrolyte Concentrate last?

There are 40 servings in one 20 oz. bottle of E-Lyte Electrolyte Concentrate. One bottle makes 2 ½ gallons of finished electrolyte drink. One bottle will last for approximately 20 to 40 days.

What can E-Lyte Electrolyte Concentrate be mixed with?

E-Lyte Electrolyte Concentrate can be mixed with water or milk. Milk provides Calcium, the last of the important macro electrolytes. You can also pour 2-3 capfuls of concentrate into already cooked soups, broths, stews, or any food you'd normally add salt to. Do not cook with E-lyte Electrolyte Concentrate, as the heat of cooking tends to reduce the magnesium content. Add it in after cooking.

Can E-Lyte Electrolyte Concentrate be mixed with Gatorade or juices?

Many sports drinks & most fruit juices can carry a strong acid pH, which changes the pH of E-Lyte Electrolyte Concentrate and is best not be used together. The high sugar content precipitates (removes) the alkaline macro minerals out of solution before the body can use them. Plus, it doesn't seem to taste right. You generally would not salt fruit drinks.