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Elete Water (Sponsor for "Babes n' Bikes")

Elete Water

Sponsor for *Babes n' Bikes in the Backcountry*

Turns water into hydration, calories into energy, and helps prevent cramps.

Hyponatremia: Maintaining the Delicate Balance Between Electrolytes and Fluids

Many athletes as well as others exposed to heat stress consume salt supplements to promote fluid replacement, prevent hyponatremia and dehydration, or ward off heat fatigue. While it is true that supplementing with salt can help reduce sodium depletion from sweat and help maintain adequate fluid levels in the body, supplementing with sodium alone is not enough to satisfy your body's electrolyte requirements and, in fact, may cause additional problems (e.g., nausea, vomiting, muscle cramps) that significantly interfere with performance.

http://www.eletewater.com/

Next >

[Back]

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