

We welcome comments and suggestions from athletes, as well as coaches, trainers, and other fitness professionals. Please feel free to call or write to us or visit our web page at www.ceraproductsinc.com

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CeraSport
Electrolyte Drink Mix

Informational Pamphlet

**Hydration! Energy!
Performance!**



The Benefits of CeraSport & CeraSport EX1:

- » Maintains hydration
- » Restores fluid and electrolytes
- » Corrects acidosis
- » Provides quick and sustained energy through a mixed-chain carbohydrate
- » Improves endurance
- » Improves performance
- » No added simple sugar

Before physical activity:

- » Consume 16 ounces of CeraSport or CeraSport EX1 1-1.5 hours before activity
- » Consume 4-6 ounces of CeraSport or CeraSport EX1 10 minutes before activity

During physical activity:

- » Start drinking early to prevent dehydration
- » Always drink before you are thirsty
- » By the time you are thirsty you may have already lost 1-2% of your body weight due to fluid lost in sweat
- » Consume 4-8 ounces of CeraSport or CeraSport EX1 every 15-30 minutes of strenuous activity

After physical activity:

- » Consume enough fluids to regain your body weight losses
- » Urine is used as an indicator of hydration & should be pale yellow in color