



MUSCLE & FITNESS

"Strive for excellence, exceed yourself, love your friends, speak the truth, practice fidelity, and honor your father and mother. These principles will help you master yourself, make you strong, give you hope and put you on the path to greatness."
— Joe Weider, Trainer of Champions

FOR SUPER FITNESS & VIGOROUS HEALTH AT ANY AGE

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Sweat Stuff

A product billed as a "sweat replacement drink" may not sound very appetizing, but the new CeraSport High-Performance Electrolyte Sports Drink promises to help you through endurance events and training, especially in high heat. Sold in powder form you mix with water, it contains electrolytes and rice carbohydrates. The blend allows for better absorption of carbs and sodium, without the cramps and bloating that conventional simple-sugar drinks often produce.

"It helps people stay hydrated before, during or after exercise — especially

during training, bike races and long runs," says David A. Sack, MD, professor at Johns Hopkins University School of Public Health and Hygiene (Baltimore). Cera Products developed the new endurance drink that provides both hydration and energy along with doctors at Johns Hopkins.

Anyone who experiences rapid fluid loss from heat stress and fever could benefit from the product, says Sack, as well as people who work in high temperatures and humidity, such as construction and foundry work, farming, laundries, bakeries and restaurant kitchens. One serving (a packet mixed with 16 ounces of water) provides 150 calories and 32 grams of carbohydrate, along with sodium and potassium. The packets come in citrus flavor, the canisters in berry flavor.

Look for CeraSport at your supplement store, call 888-CERALYTE or visit www.ceralyte.com. **M&F**