

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](http://www.ceraproductsinc.com)

Call us toll free  
**1-888-237-2598**

55 Mathews Drive, Suite 220  
Hilton Head Island, SC 29926 USA

Website: [www.ceraproductsinc.com](http://www.ceraproductsinc.com)  
Email: [customerservice@ceraproducts.us](mailto:customerservice@ceraproducts.us)

© 2011 Cera Products, Inc.



# CeraSport<sup>®</sup>

**Rice-based Oral Rehydration  
drinks and drink mixes**

- **Gluten FREE**
- **NO Added Sugar**

**For Hydration  
and 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