

PRODUCT CHARTS SET 2

TOP ELECTROLYTE MIXES TESTED * = author's top 4 picks based upon the test criteria and very long term use

| BRAND NAME | MIXTURE NAME | FORM | PACKAGE TYPE /WEIGHT | CONTAINS TOP 4 ELECTROLYTES | ADDED VITAMIN C | WHAT MAKES IT A GREAT CHOICE | FIND IT AT |
|--------------------------------|--------------------------|--------|------------------------------------|---------------------------------------|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| Trace Minerals Research | Power Pak * | Powder | Rectangular 0.23 ounce foil packet | YES, 72 total | 1200 mg | Proper formulation at ½ to 1/3 the price of others tested. Mixes extremely well. Certified Vegan. | www.traceminerals.com Available at Vitamin Shoppe stores |
| Vitalah | Oxylent * | Powder | Rectangular 0.3 ounce foil packet | YES, plus many others and amino acids | 1000mg | Extremely high quality, highly developed electrolyte and multivitamin supplement formulation, also contains amino acids and a number of other nutrients above the other brands. Mixes very well. Downside: Higher cost | www.oxylent.com Available at Whole Foods and many stores |
| Cera Products | CeraSport Dink Mix * | Powder | Square 0.74 ounce foil packet | NO, Sodium & Potassium only | None | Military Issue. Their additional rehydration products are worth having in stock. Designed for continuous daily drinking. Picked because of its reliability, use of rice syrup solids as the base, and for use by those who use the “keep sipping” habit to prevent dehydration and depletion. | www.ceraproductsinc.com |
| Cera Products | CeraSport EX1 | Powder | Rectangular 0.45 ounce foil packet | NO. Sodium & Potassium only | None | Proven formulation endorsed by multiple medical entities and the military. Forte is rehydration. | www.ceraproductsinc.com |
| Emergen-C | Various Formulas | Powder | Rectangular 0.3 ounce foil packet | YES, plus some additional | 1000mg | Most widely available in the world. Widest selection of flavors. Moderate cost. Mixes very well. Great product. | www.emergenc.com |
| Cytomax | Sports Performance Drink | Powder | Tubular 0.88 ounce foil packet | YES, plus some others and amino acids | 60mg | Proven formula used by endurance athletes. Tested various formulations and flavors with success over a period of months in extreme high heat / desert environment. Available in large containers. | www.cytosport.com |
| Clif | Clif Shot | Powder | Tubular 0.8 ounce foil packet | YES | None | Well developed formula with various options. Mixes well. | www.clifshot.com |

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| Gatorade | Thirst Quencher | Powder | Various packaging | NO. Sodium & Potassium only | None | Most widely available. Formulation very drinkable and mixes well. | http://www.gatorade.com/products/g-series/thirst-quencher-powder |
| Vega Sport | Electrolyte Hydrator | Powder | Tubular 0.13 ounce foil packet and 19 ounce containers | YES, plus some additional | 60mg | Very high potassium ratio & content (400mg) versus others. Certified Vegan. Slightly higher cost per ounce. | www.vegasport.com and at all Whole Foods Markets |
| GU | Brew Pure Performance | Solid Powder Tablet (12 each) | Tubular Plastic Container | NO. Sodium & Potassium only | None | Popular with and validated by endurance athletes | www.guenergy.com |
| Nuun | Nuun electrolyte enhances tabs | Solid Powder Tablet (12 each) | Tubular Plastic Container | YES, 4. Plus riboflavin | 19mg | Popular with and validated by endurance athletes. | www.nuun.com |
| Hammer Nutrition | Endurolytes Fizz | Solid Powder Tablet (13 each) | Tubular Plastic Container | YES, 4. Plus B6 and an amino acid | None | Popular with and validated by endurance athletes. | www.hammernutrition.com or www.REI.com/Hammer-Nutrition |
| Elete | Pure Electrolyte Add-in * | Liquid Drops | 24.6 ml plastic bottle | YES, 4. | None | Proper formulation and very compact bottle size make this a great fit for any go-bag. Most concentrated that we could find on the market. High concentration makes 10 total 32 ounce servings. | www.eletewater.com |
| Poweraid | Zero Drops | Liquid Drops | 3.0 fluid ounce plastic bottle | NO, 3. Plus some B vitamins | None | Widely available. Not as concentrated as Elete. Makes 25 total 8 ounce servings. | http://www.us.powerade.com/ (made by Coca Cola) |
| MiO FIT | Liquid Water Enhancer | Liquid Drops | 1.62 ounce plastic bottle | NO. Sodium & Potassium only. | None | Widely available. Makes 18 total 8 ounce servings. | (made by Kraft Foods) |
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WHERE TO GET IT

- Recreational Equipment Incorporated (REI) www.rei.com – store or online / carries almost everything
- Vitamin Shoppe www.vitaminshoppe.com – widespread store chain
- Whole Foods www.wholefoodsmarket.com – premium and vegan / more healthy selections
- PowerBar www.powerbar.com – can order online under products
- Your local supermarket or pharmacy