

Electrolyte SR

Secure Release

Buffered & balanced electrolyte replacement



**Hydration +
Performance***

What Is It?*

Electrolyte SR is a sustained-release SmartMatrix[™] supplement featuring a balanced & buffered electrolyte formula. The proprietary vegetable-based, wax-matrix tablet ensures electrolytes release in a slow, steady manner over 4 to 6 hours as the body needs them to better absorb and retain fluids consumed.

Product Availability

Bottle Size(s):
— 60 tablets

Suggested Use:

As an electrolyte replacement, take 1–3 tablets with a large glass of water one-half hour prior to physical activity that results in fluid loss. Dose depends on duration of activity and volume of fluid loss. May also be taken after fluid loss to help restore electrolyte and fluid balance. Drink plenty of water according to thirst. Do not exceed recommended dosage without consulting your physician or team doctor.

How Does It Work?*

Electrolyte SR can benefit patients at risk of dehydration as a result of intense physical activity, especially in hot, humid conditions or other causes of excess fluid loss. Sweat contains significant sodium, plus smaller amounts of potassium, calcium, and magnesium. Beyond fluid and electrolyte balance, replacing these sweat-lost electrolytes is vital for muscle and nerve function, acid-base and digestive homeostasis, bone strength, and exercise recovery.

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value	
Phosphorus	103 mg	8%
Magnesium	10 mg	2%
Chloride	211 mg	9%
Sodium	175 mg	8%
Potassium	65 mg	*

*Contains <2 percent of the Daily Value of this nutrient.

Ingredients: Monosodium phosphate, sodium chloride, vegetable wax (rice bran and/or carnauba), potassium chloride, magnesium citrate, stearic acid (vegetable), silica, and magnesium stearate (vegetable).

This information is for healthcare professionals only to inform patient treatment and is not intended for consumer use.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Research Highlights*

A proper hydration plan for activity requires consuming enough water and replenishing electrolytes. In this way, active adults can maintain adequate hydration before, during, and after activity. General guidelines for activity are outlined below.



Fluid before activity

To properly hydrate before exercise, consume water 2 to 4 hours before exercise. Taking an electrolyte supplement helps retain the water consumed. Allow sufficient time to void excess fluid. The goal is to achieve urine that is pale yellow in color.



Fluid during activity

Drink sufficient fluids during exercise to replace sweat losses so that the total body fluid deficit is limited to less than 1% to 2% body weight. In practical terms, this means drinking up to 16 oz. of fluid for every pound lost per hour. Water is the preferred choice for activities that last less than 60 minutes or are low-to-moderate intensity. For longer or more intense activity, or multiple events on the same day, electrolyte replacement is recommended. Drink to quench thirst. Avoid overdrinking in excess of sweat and urinary losses.



Promotes Sleep Quality

Drink about 20 fl. oz. for every pound lost because sweat losses and obligatory urine losses continue during the postexercise phase. Include fluids, electrolytes, carbohydrates, and lean protein in a post-workout nutrition plan. Focus on consuming water and sodium at a modest rate to minimize diuresis and urinary losses. Dietary sodium helps to retain ingested fluids, especially extracellular fluids, including plasma volume. Supplementing with a balanced formula to replenish key electrolytes, including sodium, can help.

Pre-Activity Fluid Needs (2–4 hours prior)

Body Weight	Fluid Intake*
100 - 119 lbs	7 to 16 fl. oz.
120 - 139 lbs	8 to 19 fl. oz.
140 - 159 lbs	10 to 22 fl. oz.
160 - 179 lbs	11 to 24 fl. oz.
180 - 199 lbs	12 to 27 fl. oz.
200 - 219 lbs	14 to 30 fl. oz.
220 - 239 lbs	15 to 33 fl. oz.

*Based on consuming a fluid volume equivalent to 2–4 ml/lb body weight.

Fluid Intake During Activity*

Pounds Lost	Fluid Intake (within ~30 min)*
0.5 to 1.0 lbs	8 to 16 fl. oz.
1.0 to 1.5 lbs	16 to 24 fl. oz.
1.5 to 2.0 lbs	24 to 32 fl. oz.
2.0 to 3.0 lbs	32 to 48 fl. oz.
3.0 to 4.0 lbs	48 to 64 fl. oz.

*Based on consuming a fluid volume up to 16 fl. oz. per pound lost.

SmartMatrix™ is a trademark of Innovite, Inc. Suntheanine® is a registered trademark of Taiyo International, Inc.

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