



BODYBIO

e-lyte

Clean, everyday
no-sugar hydration

4 oz., 16 oz.

BodyBio e-lyte is a clean, concentrated electrolyte formula designed to support hydration without added sugar, flavors, or fillers.*

Electrolytes play a key role in cellular hydration, nerve signaling, and muscle function—yet many people fall short of ideal intake.* e-lyte helps restore key electrolytes so your cells can function efficiently throughout the day.*

KEY BENEFITS



Hydrates cells
quickly*



Replenishes key
electrolytes*



Supports nerve
signaling*



Aids muscle
function*



No sugar or
additives*

SUGGESTED USE

Add ½–1 teaspoon (or 1 capful) to at least 8 oz. water daily.

Use during workouts, travel, heat exposure, or daily hydration.

e-lyte can also be used to support night muscle cramps.

WHAT TO EXPECT

0-2 WEEKS

e-lyte begins replenishing essential electrolytes to support hydration at the cellular level. Some people notice feeling less thirsty, more energized, or reduced cramping.*

2-4 WEEKS

As hydration and mineral balance improve, many people experience better endurance, fewer muscle cramps, and more consistent energy throughout the day.*

4+ WEEKS

With continued use, e-lyte helps support long-term hydration, muscle function, and nervous system balance—especially during periods of stress, exercise, or heat exposure.*

SUPPLEMENT FACTS

Serving Size: 1½ tsp (7.5 mL)		
Servings: 16 (4 fl.oz.); 64 (16 fl.oz.)		
Amount Per Serving %DV**		
Magnesium	65 mg	17%
(as magnesium chloride and magnesium sulfate)		
Sodium	89 mg	4%
(as sodium chloride)		
Potassium	187 mg	6%
(as potassium phosphate, potassium chloride, potassium bicarbonate and potassium iodide)		
**The % Daily Values (DV) are based on a 2000 calorie diet.		

Other ingredients: Purified water.



Scan the QR code
for more information.

*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.