



BodyBio e-lyte

Precision Electrolyte Replenishment

BodyBio e-lyte is a powerful, concentrated blend of three essential electrolytes: sodium, potassium, and magnesium. e-lyte helps promote optimal electrolyte balance, supporting the nervous system, heart, and muscles, while also delivering hydration directly to your cells.*

AVAILABLE FORMATS:

Liquid — 4oz and 16oz



BENEFITS

Precision Hydration

e-lyte provides a concentrated blend of electrolytes to replenish what is lost during physical activity, illness, or dehydration.*

Supports Muscle Function

Electrolytes like sodium, potassium, and magnesium are critical for muscle contraction and can help minimize the risk of cramps.*

Cellular Energy Production

Electrolytes maintain the electrochemical gradients necessary for ATP production and cellular metabolism.*

Nervous System Regulation

Optimal electrolyte levels ensure proper nerve signal transmission and neuromuscular coordination.*

pH Balance

e-lyte helps maintain acid-base homeostasis, supporting overall metabolic health.*

TRUST POINTS

- Contains a 2:1 ratio of potassium to sodium for optimal hydration.
- Free from artificial flavors, sweeteners, and dyes.
- No added sugar; suitable for low-carb and ketogenic diets.
- Tested for purity and efficacy.

EVIDENCE

e-lyte Electrolyte Comparison to Popular Brands

Per 8 Ounce Glass

	Electrolytes			Sugar (g)
	Sodium(mg)	Potassium(mg)	Magnesium(mg)	
BodyBio e-lyte	178	374	130	0
Gatorade	110	30	0	14
Liquid I.V.	500	380	0	11
LMNT	1,000	200	60	0
DripDrop	330	185	39	7
Nuun	300	150	25	1

APPLICATIONS

Sports and Fitness

Enhances hydration and muscle performance for athletes.*

Daily Wellness

Ideal for maintaining hydration and energy levels in everyday life.*

Post-Illness Recover

Replenishes lost electrolytes due to diarrhea, vomiting, or excessive sweating.*

Chronic Illness

Chronic illnesses can disrupt electrolyte balance, and proper supplementation can support fluid retention, blood pressure, and cellular function, particularly in conditions impacting the cardiovascular system, autonomic nervous system, and kidney function.*

SCIENTIFIC RATIONALE

Electrolyte Replenishment and Hydration

Research emphasizes the importance of maintaining proper sodium and potassium levels for fluid balance and cellular hydration, especially in conditions like acute gastroenteritis. In such cases, several studies have shown that restoring potassium levels is often more critical than correcting sodium levels.

Athletic Performance

Sodium, potassium, and magnesium all play vital roles in athletic performance. Sodium helps with fluid balance and nerve function, potassium supports muscle contractions, and magnesium aids in energy production, muscle relaxation, and reducing the risk of cramping.

Nervous System and Cardiac Function

Electrolytes are essential for nerve signal conduction and cardiac rhythm regulation, with sodium and potassium playing critical roles. Higher potassium-to-sodium levels are particularly linked to better cardiac function, including improved blood pressure regulation and a reduced risk of stroke.

Kidney Function

Recent studies emphasize the importance of maintaining an optimal ratio of higher potassium to sodium for kidney health, as a reversed ratio is associated with a higher risk of chronic kidney disease.

SUGGESTED USE

Mix 1 capful in 8 oz water.
Can be further diluted to desired taste.

Drink 1-2 servings per day or as directed by your physician for optimal hydration. When engaging in strenuous activity, use prior to help maintain healthy electrolyte levels in the body for improved performance and fewer muscle cramps. e-lyte can also be used to relieve night muscle cramps.

SUPPLEMENT FACTS

Serving Size: 1 ½ 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 QR CODE
FOR REFERENCES

