

# COMMERCIAL ELECTROLYTE REPLACEMENT PRODUCTS

Brand	Type	Serving Size	Calories	Sodium (mg)	Potassium (mg)	Chloride (mg)	Magnesium (mg)	Calcium (mg)	Total Carb/ Sugars (g)	Cost/ Serving
<b>NOOMA</b>	Powder	1 pack with 16 oz H <sub>2</sub> O	25	200	360	N/A	N/A	N/A	5/4	\$1.33
<b>Nuun</b>	Tablet	1 tab with 16 oz H <sub>2</sub> O	15	300	150	50	25	13	4/1	\$0.70
<b>Cera (Ceralyte 90)</b>	Powder	50 g packet with 34 oz/ 1 L H <sub>2</sub> O	160	2,070	800	2,832	N/A	N/A	40/8	\$4.59
<b>Bolt 24 (Gatorade)</b>	Ready-to-drink bottle	16.9 oz	80	230	N/A	N/A	N/A	N/A	20/19	\$1.67
<b>Clif Shot</b>	Gel pak	1 pack	100	95	N/A	N/A	N/A	N/A	25/13	\$1.30
<b>Zym</b>	Tablet	1 tab	8	300	100	N/A	50	30	0/0	\$0.80
<b>PowerBar IsoActive</b>	Powder	1.5 scoops (33 g)	120	380	150	N/A	130	60	29/20	\$0.75
<b>First Endurance</b>	Powder	1 scoop (32 g)	110	300	160	450	150	100	26/16	\$1.17
<b>Powerade Ultra</b>	Ready-to-drink bottle	20 oz	0	380	95	N/A	N/A	N/A	1/0	\$0.99

**SOURCE:** THIS CHART IS A SAMPLE OF THE MANY COMMERCIAL ELECTROLYTE REPLACEMENT PRODUCTS ON THE MARKET. ALL PRODUCT INFORMATION AND NUTRITION FACTS WERE CULLED FROM COMPANY WEBSITES.