



Health Food Solutions

# ELECTROLYTE POWDER

Item No.: 5449177

The fruity powder helps to replenish your electrolyte balance following physical activity. Simply dissolve a measuring spoon of the powder in water, drink, and feel better!

Our electrolyte powder in different flavours provides the body with an optimum combination of salts, potassium and glucose. Whether after sport, on hot summer days or simply any time: A quick-to-prepare drink to replenish water and electrolyte losses. Potassium contributes to normal muscle function and maintenance of normal blood pressure.

We recommend mixing a measuring spoon of powder in 200 ml water before and after physical exercise.



## Properties

- Replenishes water and electrolyte loss
- Refreshing drink
- Just 16 kcal per 200 ml
- With potassium
- Available in two delicious varieties, customised flavours are also possible upon request!!
- Easy to prepare

## i Electrolytes

Electrolytes are substances (salts, bases, acids), that dissociate into particles with a positive or negative charge (cations and anions) in aqueous solution. The composition of electrolytes in different parts of the body, i.e. inside and outside a cell, is carefully balanced. If this balance changes, the cells can no longer perform their function.



BHI Biohealth International GmbH  
Heinrich-Wirth-Straße 13  
D-95213 Münchberg  
Germany

T +49(0)9251 870 87-20  
F +49(0)9251 870 87-50  
request@biohealth-int.com

 [www.biohealth-int.com](http://www.biohealth-int.com)

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## Health Food Solutions

# ELECTROLYTE POWDER

### Description

Food supplement with potassium

### Dosage per serving and use

Twice a day add 6 g powder (corresponds to 1 scoop of 8.5 ml) to 200 ml water and shake

Before  During  After

### Technical data

Flavours: Berry, lemon ice tea

Shelf life: 18 – 24 months, depending on the packaging format

Storage: Store in a cool, dry and dark place.

Packaging: 

### Allergy information

No allergens

### Ingredients (Berry flavour)

Dextrose, salt, acidity regulator: sodium citrate, potassium chloride, natural flavouring, acid: citric acid, flavouring, colouring food (carrot concentrate, blackcurrant concentrate)



Nutrition Information (Berry flavour)	per 100 g powder	per serving (6 g)
Energy value	1127 kJ	68 kJ
Energy value	269 kcal	16 kcal
Fat	< 0.5 g	< 0.5 g
-of which saturates	< 0.1 g	< 0.1 g
Carbohydrate	65 g	3.9 g
-of which sugar	61 g	3.7 g
Fibre	< 0.5 g	< 0.5 g
Protein	< 0.5 g	< 0.5 g
Salt	17.4 g	1.0 g

All data are subject to usual variations in natural products.

Nutrients and other substances	per serving (12 g)	% NRV *
Potassium	312.0 mg	16

\* Percent of nutrient reference values (NRV) according to Regulation (EU) No. 1169/2011 | \*\* No NRV available

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