

Electrolytes in practice

When water alone is not enough, how electrolytes differ from shop-bought sports drinks and how to read the composition. A short guide for active people.



BestLab information leaflet. A food supplement is not a medicine.

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„Electrolytes are not a topic for athletes only. We lose them every day, and with exercise, heat and hard work we need far more of them than an ordinary diet provides.“

Olga Grech

Author of the BestElectrolytes formula

1 Electrolytes in a nutshell

Electrolytes are minerals that occur in the body as charged particles. The most important are sodium, potassium and magnesium. They are responsible for conducting nerve impulses, for muscle function and for how much water the body retains.

You lose them mainly through sweat, but also through urine. The more you sweat, the more of them go, and the hotter and harder you work, the faster it happens.

Diet alone is usually enough until exercise, heat or a long physical shift comes into it. Then a gap appears, most often felt as cramps, weakness and brain fog.

What each electrolyte does

- **Sodium** decides how much water the body retains. It is what makes the water you drink stay, instead of leaving straight away.
- **Potassium** contributes to normal muscle function and to the normal functioning of the nervous system.
- **Magnesium** contributes to electrolyte balance and to normal energy-yielding metabolism.

2 Why water alone is sometimes not enough

This is the most common misunderstanding about hydration. It seems logical that if we sweated out water, we should drink water. The problem is that sweat carries away not only water but minerals too.

If you replace only the fluid, the concentration of electrolytes in the blood gets diluted further. The body then reacts the only way it knows: it excretes the excess fluid. Hence the familiar feeling of drinking a lot and still being thirsty and weak.

That is why, when you sweat heavily, a drink with electrolytes makes more sense than water alone. Sodium especially matters, because it is what lets the water you drink stay in the body.

3 How to read an electrolyte composition

The sports drink shelf all looks similar, and the differences are considerable. Below are four things worth checking before you buy.

1 Whether there is any sodium at all

It sounds absurd, but plenty of products marketed as electrolytes contain only traces of it. Without sodium, hydration works less well, because the water does not stay where it should.

2 How much sugar per serving

Ready-made sports drinks from the chiller often hold a dozen or more grams of sugar per bottle. Unless you are running a marathon right now, that sugar is not working for you.

3 The form of the mineral

Potassium citrate and magnesium malate are gentler on the stomach than cheap inorganic salts. In a drink you take daily, that matters.

4 Price per serving, not per pack

Powder in a sachet or a tub almost always works out cheaper per serving than a ready-made drink in a bottle, because you are not paying to transport water.

4 What else is in this formula

BestElectrolytes is not just a set of minerals. Besides sodium, potassium and magnesium it contains two ingredients worth knowing about, so you know what you are paying for.

1 D-ribose, 3000 mg

A simple sugar occurring naturally in living organisms. It takes part in forming ATP, the molecule from which the cell draws energy. It is the most abundant ingredient in this formula.

2 Creatine, 1000 mg

A compound stored mainly in the muscles, one of the best researched ingredients in sport. An honest note: the standard dose used in creatine supplementation is 3 g a day. Here there is one gram, so treat it as an addition to a hydration formula rather than a replacement for separate creatine.

5 How to take it properly

Serving	7.5 g, meaning one scoop.
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Preparation	Dissolve in at least 200 ml of water and drink.
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When	On days with exercise, in the heat or during long physical work.
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Storage	Room temperature, dry, away from moisture and light.
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Pack	225 g, meaning 30 servings.
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The amount of water matters. Too concentrated a drink is harder to get down and can sit heavily on the stomach. With heavy exertion you can happily dissolve a serving in a larger volume, for example half a litre, and sip it gradually.

6 Five most common mistakes

1 Drinking only water after a hard session

You replace the fluid but not the minerals, so the body will excrete part of the water anyway.

2 Reaching for electrolytes only once a cramp appears

That is a late reaction. It makes more sense to top up as you go on days with heavy sweating.

3 Too little water per serving

Below 200 ml the drink is needlessly concentrated and harder to get down.

4 Treating it as an everyday drink for no reason

With a sedentary lifestyle and a normal diet there is usually no such need.

5 Counting on creatine at a sports dose

One gram per serving is an addition, not separate creatine supplementation.

7 Questions we are asked most often

Is this the same as a sports drink from the shop?

Not quite. Ready-made sports drinks usually contain a lot of sugar, because they are designed as a source of quick energy for endurance athletes. Here you get the minerals themselves plus D-ribose and creatine.

When is the best time to drink it?

On a day with exercise, heat or long physical work. You can take it before, during or after, depending on when you lose the most.

Can I dissolve it in more water?

Yes. The minimum is 200 ml, but for longer exertion it is more convenient to dissolve a serving in a larger bottle and sip it gradually.

How many servings are in a pack?

Thirty. The pack weighs 225 g and a serving is 7.5 g.

Can it be used during pregnancy and breastfeeding?

During this period we always recommend consulting a doctor first.

Where are BestLab supplements made?

In Poland, in facilities meeting high quality standards. Every batch is tested in the independent JS Hamilton laboratory.

8 BestElectrolytes composition

Content per recommended daily portion, 7.5 g.

D-ribose	3000 mg
Potassium citrate	1404 mg
of which potassium	500 mg (25%)
Creatine monohydrate	1137 mg
of which creatine	1000 mg
Magnesium malate	681 mg
of which magnesium	100 mg (26.7%)
Sodium chloride	508.5 mg
of which sodium	200 mg

Servings per pack

30 x 7.5 g

Figures in brackets are the percentage of the Nutrient Reference Value. For sodium and creatine no reference value has been established. Pack contents: 225 g, 30 servings. Ingredients: D-ribose, potassium citrate (potassium), creatine monohydrate (creatine), magnesium malate (magnesium), sodium chloride (sodium), natural flavourings.

Authorised health claims for the ingredients of this product

- Potassium contributes to normal muscle function.
- Potassium contributes to the normal functioning of the nervous system.
- Magnesium contributes to electrolyte balance.
- Magnesium contributes to normal energy-yielding metabolism.
- Magnesium contributes to the reduction of tiredness and fatigue.

A food supplement is not a medicine and must not be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are important for the functioning of the body. Do not exceed the recommended daily portion. Do not use in case of hypersensitivity to any of the ingredients. Pregnant and breastfeeding women should consult a doctor before use. Keep out of the reach of small children.

BEST LAB SP. Z O.O.

ul. Grzybowska 87, 00-844 Warsaw, Poland
VAT PL5272991208 · KRS 0000956521
tel. +48 793 787 737 · EAN 5904917029183

UK distributor

13TH FLOOR LTD
Coventry, United Kingdom
VAT GB394920268 · Company no. 13715742

