

# Optimal Electrolytes



## Energy & Sports | Powder

Feel energized and hydrated throughout your day!\*

### These electrolytes taste so amazing!

"When I first had them, I instantly thought of the taste of your favorite sports drinks which was surprising because most electrolytes don't have the best taste. When taking these electrolytes, I felt relaxation in my back muscles where I have been feeling some tightness. I was able to stretch out and felt strong after consuming Dr. Ben's electrolytes!"\*

– Noble S.

### Why Choose Optimal Electrolyte?\*

- Supports healthy muscle contraction and relaxation
- Supports healthy heart rhythm and contraction
- Hydration Blend with key ingredients for hydration support

### Who Needs Optimal Electrolyte?

Just a 1% drop in hydration can cause symptoms of dehydration. This slight loss of water can negatively impact your attention, concentration, memory, and overall mental processing speed.

If your customers/patients can relate to one or more of the statements below, they may need to supplement with Optimal Electrolyte:\*

- I have been drinking high sodium electrolytes, which are causing me to experience water retention and bloat.
- Histamine intolerance and mast cell activation are negatively affecting me due to dehydration.
- I would like to find an electrolyte that supports healthy muscle contraction and muscle relaxation without cramping.
- I would like to sleep throughout the night without waking up to pee.
- I drink water and find that I need to go pee too quickly and frequently.
- I'm looking for a healthy, great-tasting electrolyte to add to our filtered water to encourage my family to drink more water.
- I want to replace caffeinated beverages, soda, flavored water, juice, or alcohol with a low-calorie, healthy, effective, and great-tasting electrolyte for hydration.



### Key Ingredients\*

**Sodium as real Himalayan Pink Salt:** The ocean is full of micro-plastics, making sea salt high risk. We opted to use this great-tasting and pure salt from ancient caves instead. Certificate of analysis confirms this is a high-quality salt which also contains trace minerals.

**Potassium:** 99% of people are deficient in potassium, so we have much more potassium than sodium. We use potassium bicarbonate to support healthy overall alkaline pH as exercise increases acidity.

**Creatine:** Supports healthy hydration of muscles. The combination of creatine + PeakATP® also supports healthy sport performance.

**PeakATP®:** Supports intracellular hydration. At rest, 40% of your body's energy is used to pump potassium and magnesium inside your cells. When your cells have sufficient potassium and magnesium, water follows inside and hydrates the cell. ATP is also required for muscle contraction and relaxation. Low levels of ATP are associated with muscle cramping. PeakATP supports normal recovery from exercise-induced fatigue and healthy blood flow.

**Niacin:** A building block for NAD+, essential in the Krebs cycle for energy production.

**Magnesium:** An essential electrolyte that provides an electrical charge for cell membrane function. It also supports healthy muscle contraction, relaxation, and repair.

**Taurine:** Supports magnesium absorption, electrolyte balance, and healthy perspiration.

**Proper hydration is second to breathing in terms of importance to sustain a healthy life.\***

\*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.

Orange

S u p p l e m e n t F a c t s		
Serving Size: 1 heaping scoop (6.36 g)		
Servings Per Container: 30		
	Amount Per Serving	% DV
Calories	10	
Total Carbohydrates	<1 g	<1%*
Niacin (as inositol hexanicotinate)	25 mg	156%
Magnesium (as Di-Magnesium Malate)(Albion®)	125 mg	30%
Chloride (from Himalayan pink salt)	233 mg	10%
Sodium (from Himalayan pink salt)	150 mg	7%
Potassium (as Potassium Bicarbonate)	500 mg	11%
Hydration blend:	1.6 g	**
Creatine (as creatine monohydrate), Taurine, Peak ATP®		
Adenosine 5'-Triphosphate		
*Percent Daily Values are based on a 2,000 calorie diet.**Daily Value (DV) not established.		

Other Ingredients: malic acid, natural flavors, ascorbic acid, and monk fruit extract.

Lemonade

S u p p l e m e n t F a c t s		
Serving Size: 1 Scoop (6.36 g)		
Servings Per Container: 30		
	Amount Per Serving	% DV
Calories	10	
Total Carbohydrates	<1 g	<1%*
Niacin (as inositol hexanicotinate)	25 mg	156%
Magnesium (as Di-Magnesium Malate)(Albion®)	125 mg	30%
Chloride (from Himalayan pink salt)	233 mg	10%
Sodium (from Himalayan pink salt)	150 mg	7%
Potassium (as Potassium Bicarbonate)	500 mg	11%
Hydration blend:	1.6 g	**
Creatine (as creatine monohydrate), Taurine, Peak ATP®		
Adenosine 5'-Triphosphate		
*Percent Daily Values are based on a 2,000 calorie diet.**Daily Value (DV) not established.		

Other Ingredients: malic acid, natural flavors, and monk fruit extract.

Berry

S u p p l e m e n t F a c t s		
Serving Size: 1 heaping scoop (6.4 g)		
Servings Per Container: 30		
	Amount Per Serving	% DV
Calories	10	
Total Carbohydrates	<1 g	<1%*
Niacin (as inositol hexanicotinate)	25 mg	156%
Magnesium (as Di-Magnesium Malate)(Albion®)	125 mg	30%
Chloride (from Himalayan pink salt)	233 mg	10%
Sodium (from Himalayan pink salt)	150 mg	7%
Potassium (as Potassium Bicarbonate)	500 mg	11%
Hydration blend:	1.6 g	**
Creatine (as creatine monohydrate), Taurine, Peak ATP®		
Adenosine 5'-Triphosphate		
*Percent Daily Values are based on a 2,000 calorie diet.**Daily Value (DV) not established.		

Other Ingredients: malic acid, natural flavors, monk fruit extract, and organic ginger powder (Zingiber officinale)(rhizome).

Unflavored

S u p p l e m e n t F a c t s		
Serving Size: 1 Scoop (5.62 g)		
Servings Per Container: 30		
	Amount Per Serving	% DV
Calories	10	
Total Carbohydrates	<1 g	<1%*
Niacin (as inositol hexanicotinate)	25 mg	156%
Magnesium (as Di-Magnesium Malate)(Albion®)	125 mg	30%
Chloride (from Himalayan pink salt)	233 mg	10%
Sodium (from Himalayan pink salt)	150 mg	7%
Potassium (as Potassium Bicarbonate)	500 mg	11%
Hydration blend:	1.6 g	**
Creatine (as creatine monohydrate), Taurine, Peak ATP®		
Adenosine 5'-Triphosphate		
*Percent Daily Values are based on a 2,000 calorie diet.**Daily		

Other Ingredients: malic acid.

## Suggested Use\*

As needed, add 1 serving to a glass or water bottle. Fill with 8 oz of filtered water. For best results, sip, hold, then swallow. Do not take within 2 hours of bedtime. Use as directed by a healthcare professional.

## Suitable For

Bariatric, methyl sensitive, pregnancy, breastfeeding, vegetarian, vegan, ages 4 & up

## Does Not Contain

Dairy, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, sesame, gluten, GMO

## Optimal Electrolyte Berry | Lemonade | Orange | Unflavored

**SKU** ELYTE-B-POW | **24 units** per case | **Wholesale** \$21.56 per unit | **MAP** \$38 per unit | **UPC** 810007520308

**SKU** ELYTE-L-POW | **24 units** per case | **Wholesale** \$21.56 per unit | **MAP** \$38 per unit | **UPC** 810007521626

**SKU** ELYTE-O-POW | **24 units** per case | **Wholesale** \$21.56 per unit | **MAP** \$38 per unit | **UPC** 810007520322

**SKU** ELYTE-U-POW | **24 units** per case | **Wholesale** \$21.56 per unit | **MAP** \$38 per unit | **UPC** 810007520346

## Trademarks



Albion® is a registered trademark of Balchem Corporation or its subsidiaries. PEAK ATP® is a registered trademark of TSI Group Co. Ltd.

## Quality Assurance

MADE IN  
**GMP**  
FACILITY

3RD PARTY  
**TESTED**

MADE IN THE  
**USA**  
WITH GLOBALLY  
SOURCED INGREDIENTS

NON-  
**GMO**

**PURITY & POTENCY**  
TESTED & ASSURED

SCIENTIFICALLY  
FORMULATED  
BY DR. BEN LYNCH

BIOAVAILABLE  
NUTRIENTS\*

\*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.

\*Always talk to your doctor before considering the use of this product, especially if you have health conditions or diseases that need to be addressed. LAST UPDATED 03/28/25