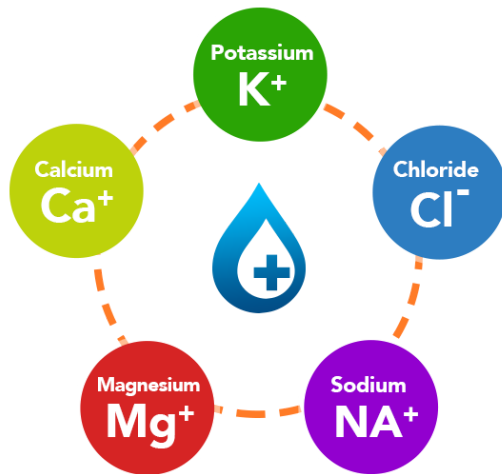


Electrolytes

“It’s Like Auto Coolant For The Body”



Hydrate: it’s a marathon not a race. Watering the lawn every day vs. all at once after it’s already dry.

Eat: Foods that contain electrolytes. Food and water work hand in hand.

Time: Before, during, and after work. Your body doesn’t take time off trying to stay hydrated. Neither should you.

Auto Coolant

If you have ever made the mistake of purchasing 50/50, Full Concentrate, or Pre-mixed auto coolant when you should have bought the other – you’re not alone. Auto coolant helps keep our vehicles running cool and more importantly so that they don’t overheat. Pouring straight water into your vehicle instead of correctly proportioned coolant and water can cause things to get steamy under the hood.

Ethylene glycol & Water

Ethylene glycol is a chemical added to auto coolant to raise the ability of water (that we use in/with auto coolant) to collect, transfer, and disperse heat. Which in simple terms – means that it helps water keep from steaming out of radiators and ensures our temperature gauges in the middle. Too much Ethylene glycol in our coolant and water struggles to do its part. It’s a goldilocks like predicament.

Electrolytes & Water

Just as vehicles need properly proportioned auto coolant (Ethylene glycol) and water. Our bodies need electrolytes to properly cool and regulate our body temperatures through water consumption and sweat. Drinking correct amounts of water but failing to introduce sufficient electrolytes can leave you feeling full of water but not hydrated. However, electrolyte powders and sports supplements can be overdone. Water should taste like water. Don’t make squincher kool-aid.