



## Tip #3: *ELECTROLYTES*

### 23rd Annual Halifax Summer Regatta



**REPLENISH ELECTROLYTES WITH A BALANCED  
FORMULA (NOT JUST SALT!) IN AMOUNTS  
APPROPRIATE FOR CONDITIONS**

**FACT:** Salt (sodium chloride) cannot fulfill your entire requirements for electrolytes. The minerals calcium, magnesium, and potassium also must be replenished to ensure the proper functioning of key body systems. In addition, your daily dietary sodium intake, fitness level, acclimatization, and the environmental conditions (heat, humidity, etc.) all affect the amount of electrolytes you will need to replenish during exercise.

For a balanced, full-spectrum formula of electrolytes, replenish with **Endurolytes**. Choose regular **Endurolytes**, **Endurolytes Extreme**, or **Endurolytes Fizz** in doses appropriate for the conditions.



### ***The Goods***

Want to train with what's going to be on course?

[Sample the Wares »](#)



### ***Electrolyte Replenishment***

Resupply with these vital minerals to finish strong.

[Get the Details »](#)