

FLUIDS AND ELECTROLYTES MADE INCREDIBLY EASY



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The Benefits of Electrolytes in Water Livestrong com

According to the book "Fluids & Electrolytes Made Incredibly Easy," one of the benefits of electrolytes is the prevention of dehydration. By consuming water with electrolytes, those who exercise should be able to avoid an electrolyte imbalance within their bodies.

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Acacia Powder A type of soluble fiber that comes from the Acacia Senegal tree, acacia powder is made from the gum of the Acacia tree. Supplementing with this powder can support intestinal regularity, as well as act as a prebiotic and support healthy gut flora.

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Water Wikipedia

Water is a transparent, tasteless, odorless, and nearly colorless chemical substance, which is the main constituent of Earth's streams, lakes, and oceans, and the fluids of most living organisms. It is vital for all known forms of life, even though it provides no calories or organic nutrients. Its chemical formula is H_2O , meaning that each of its molecules contains one oxygen and two hydrogen

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