



Lyte Balance is a 100% pure electrolyte concentrate with no calories, sweeteners, preservatives or caffeine. The natural salty taste mixes easily in water, milk, broth, or juice – goes great in your smoothie, protein drink. Add to soups, veggies, even oatmeal!

Lyte Balance lets you control the taste, calories, sugars and the electrolyte dose you want and need.

SUGGESTED USE

Dilute 1 or 2 capfuls Lyte Balance per 8 ounces of water, milk, juice or other beverage TWICE a day

- If you're training, recovering from illness or injury, or want to work on your blood pressure, use up to 4 capfuls a day.

Explore Taste-ability

Dilute 1 capful of Lyte Balance into 8 ounces water. Take a sip or two. Now, add a second capful. Which do you prefer? 1 capful or 2? The Taste-ability of Lyte Balance changes depending on your fluid intake, diet, activity level and health. Re-taste often! As you develop your Taste-ability you will know - with each drink - when you want more or less Lyte Balance.

What Does the Taste Mean? How does 1 capful taste in 8 ounces of water?

The challenge of hydration is to get the right ratio of water + electrolytes. The taste of Lyte Balance is like a personal hydration report - the degree of saltiness you experience lets you know when to use more or less. Water + Electrolytes = Hydration.

TASTE WILDLY SALTY OR UNPLEASANT? Your electrolytes are out of balance or may too high or too low in proportion to your water intake. Use 1 capful Lyte Balance in 8 ounces and then add more water or other mixer until it tastes Mildly Salty or ok to you. Taste test again in a week – it should start tasting better as your electrolyte balance improves.

NO TASTE OR SLIGHTLY SWEET? Your body is asking for more electrolytes so try 2 capfuls of Lyte Balance per drink. Taste test again in a week.

MILDLY SALTY? Your salts and water intake are more in balance but just as you need sodium, potassium and magnesium in your diet every day, you can benefit from using Lyte Balance on a daily basis. Stick with one capful per drink to keep your body naturally energized and well hydrated.

Daily use of LYTE BALANCE with adequate fluids can improve electrolyte levels for optimal recovery and performance in every body.

More information? Need to order? Visit lytebalance.com / Find Lyte Balance on [AMAZON](https://www.amazon.com) / Call 509-927-8004

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