



Lectro-Lytes

SCIENCE-DRIVEN
ELECTROLYTE REPLENISHMENT



NEW SACHET FORMAT!



**All New Roots Herbal Products Are Tested
in an ISO 17025-Accredited Laboratory**

Lectro-Lytes



Formulated by leading naturopaths, **Lectro-Lytes** is a delicious electrolyte rehydration drink mix, loaded with biologically active water-soluble vitamins B and C, as well as magnesium, potassium, sodium, and calcium.

Sachets or 40-Portion Container

Lectro-Lytes are available in powder form with a scoop for portion control, or sachets for convenience when you're on the go. It's as simple as adding a scoop or sachet to your water bottle. Our delicious powder is formulated to supply everything needed for proper hydration and to avoid the acute requirements of rebalancing your electrolytes when it's often a little too late.



Could You Be Running on Empty?

Electrolyte depletion can occur in several ways. Intense physical activity and exposure to high temperatures can cause loss through sweat. Gastrointestinal illnesses can also lead to the loss of fluids and electrolytes, specifically sodium, potassium, and chloride.



Be Careful What You Drink

Consumption of caffeine-laden coffee, tea, and energy and soft drinks can further exert diuretic effects which contribute to electrolyte depletion.



Lectro-Lytes for Exercise, Sports, Travel, Extreme Heat

When you think of situations for electrolyte replenishment, the first things that come to mind are intense physical and sporting activities; however, we could all benefit from better hydration. Supplementation is equally important when gardening in the hot sun, sightseeing in sweltering heat, coping with heat waves, or for topping up on critical vitamin and minerals during a long flight to combat dehydration typical of dry cabin environments.

Great Tasting

Lectro-Lytes come in two great-tasting, natural flavours: Coco-Pineapple and Lemon-Lime. Both contain no artificial flavours or dyes.

With 40 portions per container, or 30 sachets per box, you get more of what you truly need, for about half the cost of an electrolyte replacement drink. **Lectro-Lytes** could spark your next adventure!

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Coco-Pineapple

Supplemented Food Facts	
Per 1 scoop (4.2 g)	
Calories 5	% Daily Value*
Fat 0 g	0 %
Saturated 0 g	
+ Trans 0 g	0 %
Carbohydrate 1 g	
Fibres 0 g	0 %
Sugars 0 g	0 %
Protein 0 g	
Cholesterol 0 mg	
Sodium 55 mg	2 %
Potassium 200 mg	4 %
Calcium 100 mg	8 %
Iron 0.1 mg	1 %
* 5% or less is a little, 15% or more is a lot	
Supplemented with†	
Vitamin C 251 mg	279 %
Vitamin B6 10 mg	588 %
Magnesium 120 mg	29 %
†Includes naturally occurring and supplemental amounts	

DIRECTIONS: Add one scoop or sachet to 200 ml of water. Use once a day.
INGREDIENTS: Magnesium bisglycinate, potassium citrate, citric acid, calcium citrate, malic acid, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate), and natural pineapple and coconut flavours (pineapple, coconut, maltodextrin, and silicon dioxide).

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Lemon-Lime

Supplemented Food Facts	
Per 1 scoop (4.8 g)	
Calories 5	% Daily Value*
Fat 0 g	0 %
Saturated 0 g	
+ Trans 0 g	0 %
Carbohydrate 1 g	
Fibres 0 g	0 %
Sugars 0 g	0 %
Protein 0 g	
Cholesterol 0 mg	
Sodium 50 mg	2 %
Potassium 200 mg	4 %
Calcium 100 mg	8 %
Iron 0 mg	0 %
* 5% or less is a little, 15% or more is a lot	
Supplemented with†	
Vitamin C 251 mg	279 %
Vitamin B6 10 mg	588 %
Magnesium 120 mg	29 %
†Includes naturally occurring and supplemental amounts	

DIRECTIONS: Add one scoop or sachet to 200 ml of water. Use once a day.
INGREDIENTS: Magnesium bisglycinate, potassium citrate, malic acid, citric acid, calcium citrate, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate), and natural lemon-lime flavour (lemon, lime, maltodextrin, and silicon dioxide).

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