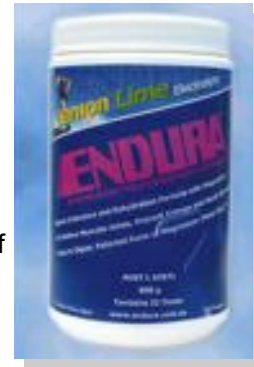


Optimum Hydration

By Belinda Harvy

Humans are made up made up of 70-80% water which is used in nearly every biochemical reaction. When dehydrated you can feel tired, lack concentration, and suffer muscle cramping. This is the last thing anyone, especially active sporting people need! Lack of water is obviously the main reason for dehydration, but it can also be caused by Potassium, Sodium, Magnesium and Linoleic Acid (Omega 6) deficiency.



During any vigorous sporting activity, you can lose 1 to 1.5 Litres of fluid per hour and even more in hot weather. To work out an estimate of how much fluid you are losing while exercising, try weighing yourself before and after your activity. Your loss in weight will be largely through dehydration (1 Kg loss = 1 Litre of water).

In addition to simply drinking more water, quality sports drinks also help replenish beneficial electrolytes and minerals. This is not so for many brands which contain little more than sweetened salt water with high sodium levels. However, there are some brands that are more balanced with magnesium and electrolyte levels similar to the ratios found in muscle cells. Such products help body stamina and rehydration before, during and after any sporting activity.

At New Leaf, one rehydration formula we recommend is *Endura Magnesium Rehydration Formula* which is one of the few products on the market that contains Magnesium. Magnesium has been proven to help sustain muscle use, prevent muscle cramping & aid recovery. It also contains the quality slow burning complex sugars Maltodextrin and Fructose, rather than Sucrose a simple faster burning sugar sometimes found in rehydration formulas.

Achieve optimum vitality by keeping HYDRATED not just during exercise but before, after and throughout your day.



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