

Sweat It Out

The four key electrolytes you lose in sweat—sodium, potassium, calcium and magnesium—can be replaced through electrolyte supplements, which come in the form of capsules, effervescent tablets, powder and liquid. Give one of these four supplements a try, in addition to your normal fuel intake, during your next long workout to minimize cramping and replenish those electrolytes.

Hammer Nutrition Endurolytes Fizz

\$6.50 for 13 tablets

Hammer Nutrition now has rapidly dissolving effervescent tablets, called Endurolytes Fizz, one of which is the approximate equivalent of two Endurolytes capsules (but each tablet is scribed across the middle and breaks easily). Available in peach, lemon-lime, grapefruit and mango, Endurolytes Fizz are refreshing and tasty, mixed into a water bottle, and contain the four key electrolytes and only 10 calories.

Hammernutrition.com

Motive Pure

\$2.99

Motive Pure, a liquid concentrate electrolyte solution, gives you 116 mg of sodium (per 8 ounces of beverage) and 37 mg of potassium, plus a small amount of complex carbohydrates in the form of maltodextrin. Simply add the bottle (1 fluid ounce) to 19 fluid ounces of cold water for a pleasant, mild lemon-lime-flavored beverage. This sugar-free beverage is portable and can easily be diluted, based on your rehydration needs or taste preference.

Motivepure.com

Base Electrolyte Salt

\$19.95

From pro Chris Lieto's company, Base Performance, comes Base Electrolyte Salt. Add one scoop (one-eighth teaspoon) to 24 ounces of water or your favorite sports drink. In one scoop are 290 mg of sodium, as well as calcium, magnesium and potassium. It's almost undetectable in the recommended ratio of salt-to-water. Base suggests replacing normal table salt with its Electrolyte Salt on your foods for extra supplementation.

Baseperformance.com

SaltStick Electrolyte Caps

\$19.95 for 100 capsules

The maker of the clever SaltStick dispensers, which fit inside your handlebars, created these capsules, which contain 215 mg of sodium, plus potassium, calcium and magnesium for electrolyte replenishment. They also contain vitamin D, which helps the body absorb calcium, and are completely vegetable-based. Take one capsule per 30–60 minutes during activity with water.

Saltstick.com

Thermolyte Metasalt

\$19.95 for 100 capsules

The Thermolyte Metasalt capsules contain a complete electrolyte profile, with 330 mg of sodium per serving (which is two capsules) balanced with potassium, calcium and magnesium. The makers of Carbo-Pro also added selenium and zinc methionine, for their antioxidant properties, and vitamin D-3, to aid in calcium absorption. Take two capsules per hour of activity with water.

Sportquestdirect.com

