



# SYNERPLEX ELECTROLYTE POWDER

## Electrolytes to help build a healthy foundation

There are over forty-five essential nutrients, yet the major minerals known as electrolytes form the metabolic foundation for them all. Without electrolytes, no other nutrients can function or exercise their healing benefit to their full potential<sup>1</sup>. Optimizing electrolyte intake, therefore, is essential for the success of any nutrition program. Unfortunately, however, electrolytes are often missing or out of balance<sup>2</sup>.

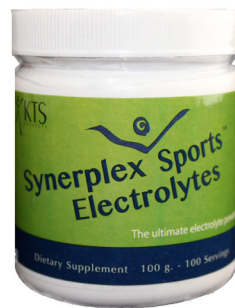
### Such deficiencies and imbalances can lead to:

- Fatigue
- Heart Rhythm Disturbances<sup>4</sup>
- Poor Blood Pressure Control<sup>5</sup>
- Suboptimal Heart Health<sup>6</sup>
- Bone Loss<sup>7</sup>
- Poor Circulation<sup>8</sup>

### People Who Can Benefit From Electrolyte Supplementation

- Have suboptimal heart health or heart rhythm disturbances
- Experience Premenstrual Syndrome
- Engage in sports, especially endurance sports
- Need to improve or optimize bone health
- Have recurring kidney stones
- Have blood pressure that is either too high or too low
- Have poor circulation or cold hands and feet
- Experience bloating/fluid retention
- Are engaged in a detoxification program, especially one liberating toxic metals
- Need to promote a more alkaline metabolism

### Unique features of Synerplex Electrolytes™



- Manufactured in a unique and proprietary process to ensure that each mineral is in a correct ratio to every other mineral
- Synerplex Electrolytes are extremely well absorbed as they are present in the ionic state
- Contains the exact ratio of potassium, sodium, magnesium, phosphorus, chlorides, bicarbonates and sulfate to promote optimal electrolyte balance and support the stresses of everyday living
- The formulas has been tested and perfected for over 20 years and are used by advanced level professional trainers, high performance athletes and others under varying stresses.




Synerplex Electrolytes™ are the finest and most cost-effective way to deliver electrolytes to the body

# KTS Products Synerplex Electrolyte Powder™

## Electrolytes For Optimal Health!

We are often asked why we have different formulas and how do they compare. Both the Synerplex Revive and Synerplex Sports Electrolytes have a greater than a 2 to 1 proportion of potassium over sodium, and with the Western diet as it is, it requires an increase of potassium. The Synerplex Sports has a higher concentration of bicarbonates (both sodium and potassium), which use of has been shown to reduce lactic acid build up. Because they both have the same electrolyte salts they can easily be interchanged, but for extreme athletes who are burning through their bicarbonates and want to push themselves harder without that lactic acid burn, they will benefit more from the Synerplex Sports, whereas those individuals who are under more stress or have muscle cramping/pain will have better results with the Synerplex Revive. Both formulas will help with dehydration, reducing cellular toxicity and improving the sodium/potassium pump which improves absorption of nutrients and excretion of toxins within the cells.






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Promotes energy, balance, vitality and relaxation\*

Enjoy the benefits of electrolytes in your favorite drink.

Revive your balance and well-being!\*

Manufactured for Knowledge Through Solutions, Inc.  
18124 Wedge Parkway, Ste 432 -Reno, NV 89511  
[www.kt-solutions.com](http://www.kt-solutions.com)



## Synerplex Revive

### Electrolytes

The ultimate electrolyte powder

**SUPPLEMENT FACTS**

Serving size 1 Scoop - (1 g)  
Servings Per Container 100


	Amount Per Serving	%DV
<b>Phosphorous</b> (as potassium phosphate)	106 mg	11%
<b>Magnesium</b> (as magnesium chloride and sulfate)	11 mg	3%
<b>Chloride</b> (as sodium, magnesium, and potassium chloride)	196 mg	6%
<b>Sodium</b> (as sodium chloride and bicarbonate)	100 mg	4%
<b>Potassium</b> (as potassium phosphate bicarbonate, chloride)	222 mg	6%

Other ingredients: Silicon Dioxide

Instructions: Mix 1 scoop into 8 oz of water or in your favorite beverage. Use 1-2 times per day or as recommended by your health care practitioner. Keep in a cool, dry place. Does not require refrigeration.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

Dietary Supplement 100 g. - 100 Servings




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Enhance performance, balance and well-being!\*

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## Synerplex Sports

### Electrolytes

The ultimate electrolyte powder

**SUPPLEMENT FACTS**

Serving size 1 Scoop - (1 g)  
Servings Per Container 100

	Amount Per Serving	%DV
<b>Phosphorous</b> (as potassium phosphate)	103 mg	10%
<b>Magnesium</b> (as magnesium chloride and sulfate)	10 mg	3%
<b>Chloride</b> (as sodium, magnesium, and potassium chloride)	108 mg	3%
<b>Sodium</b> (as sodium chloride and bicarbonate)	92 mg	2%
<b>Potassium</b> (as potassium phosphate bicarbonate, chloride)	192 mg	5%

Other ingredients: Silicon Dioxide

Instructions: Mix 1 scoop into 8 ounces of water or your favorite beverage. Use 1-3 times daily or as recommended by your health care professional. Keep in a cool, dry place. Does not require refrigeration.

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Dietary Supplement 100 g. - 100 Servings

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