



# *Electrolytes Guide*

LEARN THE BEST FOODS  
AND SUPPLEMENTS TO  
KEEP YOUR ELECTROLYTES  
IN BALANCE.

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NUTRITION

# ELECTROLYTES 101

## *How They Help*

Electrolytes are the 'spark plugs' of your body. They carry an electrical charge and play a role in many bodily processes.

Electrolytes help:

- Hydrate your body
- Contract your muscles
- Transmit nerve signals
- Rebuild damaged tissue
- Keep your pH levels balanced
- And sooo much more...

**The main electrolytes are:**

- Sodium
- Potassium
- Magnesium
- Calcium
- Phosphorus
- Chloride

So when your electrolytes are off balance -- so are YOU.

**Symptoms of electrolyte imbalance:**

- Muscle weakness
- Muscle cramping or spasms
- Dizziness
- Fatigue
- Headache
- Irregular heartbeat
- Extreme thirst
- Dry mouth

**So *how* do electrolytes get out of whack?** Well, when you sweat or pee, you don't just lose water -- you lose electrolytes too.

**Here are some things that may lead to electrolyte imbalance:**

- Spending a lot of time in the sun.
- Extreme or prolonged exercise.
- Illnesses that cause vomiting and diarrhea.
- Certain medications including steroids, diuretics, laxatives, and certain antibiotics.
- Keto diet without supplementation.

Luckily, you can bring your electrolytes back in balance with the right foods and supplements.

# FOODS HIGH IN ELECTROLYTES

*Eat your electrolytes*



SPINACH



BANANAS



SWEET POTATOES



BEAN & LENTILS



ORANGES



AVOCADOS



BROCCOLI



ALMONDS



TOMATOES



WATERMELON



KALE



CHICKEN



TURKEY



PICKLES



STRAWBERRIES



OLIVES

# ELECTROLYTE SUPPLMENTS

## For an Electrolyte Boost

Most sports drinks and electrolyte drinks are packed with sugar, artificial colors, and other harmful chemicals. Luckily, there are plenty of clean, healthy ways to get an electrolytes boost.



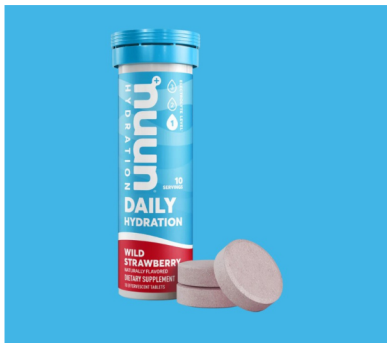
### Warm lemon water

Lemon juice contains sodium, calcium, potassium, and magnesium. Pink Himalayan salt is packed with 84 trace minerals. For a quick electrolytes boost, try add a pinch of pink salt to a glass of warm lemon water. Drink first thing in the morning on an empty stomach to replenish your electrolytes.



### Coconut water

Coconut water boasts a bevy of electrolytes, including potassium, sodium, and magnesium. In fact, an 8-oz serving has 390 mg of potassium (as much as a banana). But fair warning, coconut water does have some natural sugars. So, always opt for brands without added sugars (like [this one](#)).



### Nuun hydrations tablets

These are a great on-the-go option for the gym or outdoor outings. Just drop a tablet into a water bottle and shake for a quick electrolytes boost. Also sweetened with stevia and keto-friendly.



### LMNT stick packs

Created by Paleo guru Robb Wolf, LMNT stick packs are another on-the-go way to rebalance your electrolytes. Just pour a pack into your water bottle and drink on.



### Lyte show drops

Not big on fruity flavors? These hydration drops are super clean, sugar-free, keto approved, and are relatively tasteless.