

CERA TEA: Unflavored **CeraLyte**® can be mixed into hot water, and flavored with a tea bag (Constant Comment® helps mask the salty taste) or tea crystals. Do not add ice (except Cera Ice above) to avoid diluting the electrolytes. If sweetness is desired, Splenda® is sometimes used. For cold tea, cool in a refrigerator or add Cera Ice.

CERALYTE® JELLO:

5 cups of water
1 small package of diet cranberry Jello®
1 small package of diet lemon, orange or other Jello®
1 50 gram packet of **CeraLyte**® (unflavored or lemon)
1 small Knox® unflavored gelatin package (for finger Jello®)
Mix Jello®, gelatin, and **CeraLyte**® packets into 1 cup boiling or very hot water. Stir until dissolved, then add 4 more cups or water. Chill until set.

CERA SOUP: Unflavored **CeraLyte**® mixed into hot water tastes like a mild vegetable broth. “Instant” or cooked rice, noodles, potatoes, or carrots, may be added.

EXERCISE DRINK—SPORTS DRINK: Briskly stir one (50 gram) packet of **CeraLyte**®-70 into three liters (12-3/4 cups) of clean drinking water. For a single serving, mix 1 tsp **CeraLyte**® into 14-21 oz. of water.

Mixing Instructions in Spanish

Receta De Cera

1 Paquete (50 gramos) **CeraLyte**® sin sabor ORS u ORS sabor de limón.
4-1/4 Tazas de agua caliente (1 litro o 33,8 onzas de liquido)
1 Bolsa de té (sabor a hierbas), un limón y especias (jengibre rojo)

Vierta una taza de agua caliente en una jarra grande que resista las altas temperaturas. Vierta un paquete de **CeraLyte**® ORS en el agua y mezclarlo bien. Añade el resto de el agua y la bolza de té de menta. Refrigere la porción que no se usó. Cuando se vuelva a usar, revolver bien y sirva. Usarlo en el periodo de 24 horas.

Cera Té (Porción individual): Mezclar 2 cucharadas de **CeraLyte**® ORS o Sabor de limón ORS un una taza de agua caliente y añade una bolsa de té. Al gusto que desee.

Suggestions welcome!

We welcome comments and suggestions from clients, as well as from health professionals, so please feel free to call or write us – and do visit our web page.

**Call us toll free
1-888-237-2598**

Cera Products, Inc. established in Maryland in 1993, works with public health and medical experts worldwide. We blend the best of nature with the latest scientific knowledge and produce under Good Manufacturing Practices (GMP) and FDA guidelines.



55 Mathews Drive, Suite 220 · Hilton Head, SC 29926 USA
Telephone: **843.842.2600** • Fax: **1.888.689.8796**
Website: **www.ceraproductsinc.com**
E-mail: **customerservice@ceraproducts.us**

RECIPES AND MIXING INSTRUCTIONS



Rice-Based Oral Electrolyte
designed to effectively correct or prevent dehydration



**PREVENTS OR CORRECTS
DEHYDRATION FROM DIARRHEA**

D *iarrrhea can cause dehydration which can be dangerous. People with diarrhea lose vital body fluids which must be replaced quickly to prevent dehydration. Not just any liquid rehydrates properly. Water, sugary drinks such as colas, juice drinks, salty soups or sports drinks do not have the right proportions of carbohydrates or salts to be used alone. Oral electrolyte solutions like **CeraLyte**® are properly balanced to replace fluids.*

Product Information

CeraLyte® is a rice-digest carbohydrate and electrolyte blend, with no fat and low osmolality for effective hydration. **CeraLyte**® comes in 3 flavors and 3 strengths (50 mEq/liter, 70 mEq/liter or 90 mEq/liter) with osmolality from 200-270 mOsm/liter.

What's Needed

- 1 Packet of **CeraLyte**® Oral Electrolyte (50 grams)
- 4 1/4 cups (1 liter) hot or cold clean drinking water (Note: always use bottled or boiled water if your tap water is not safe)
- 1 container and 1 spoon to stir
(or 1 liter Ready to Drink CeraLyte-70 Citrus, no mixing required)

What To Do

- 1** **For diarrhea** (to correct or prevent dehydration): Briskly stir one **CeraLyte**® packet (50 grams) into 1 cup (8 oz. or 250 ml) of clean drinking water until dissolved. Then add 3-1/4 cups (750 ml) water to make 4-1/4 cups (1 liter) **CeraLyte**® solution. Keep stirring until all powder is dissolved. **Single Serving:** stir 2 level teaspoons into 7 oz. (200 ml) of water.
- 2** Begin drinking the **CeraLyte**® oral electrolyte solution (ORS) slowly, small sips at a time. Volume can be increased as needed.
- 3** Continue drinking the **CeraLyte**® ORS until the amount of body fluid lost has been replaced. If you lose a cup, drink a cup. Sip 2 to 7 oz. after each loose stool.

4 Do NOT use sweet, sugary drinks as they may increase the diarrhea; water does not have the proper electrolytes, salts, or other ingredients to restore proper cell balance, but water is fine to drink along with the ORS.

5 Eat small amounts at first. The best foods to help speed recovery are non-sweet carbohydrates, like potatoes, rice or noodles; a banana, mashed can help, too, by providing potassium. Resume a normal diet as soon as you can. For infants, continue to breast-feed.

6 **KEEP ON SIPPING!** It is important that you keep drinking fluids to keep up with fluid losses. Sipping rather than drinking full liters at one time may be helpful in promoting constant absorption and may help avert vomiting.

7 **KEEP ON EATING!** Food such as boiled rice, bread, meat, poultry and fish will promote the fastest recovery. Refrigerate unused portion, if possible, and discard the solution after six hours if not refrigerated. Make a fresh solution every day that the diarrhea continues. **See a doctor or health center if diarrhea continues more than 1 day or if there is blood, severe abdominal cramps, or high fever.**

CeraLyte® Recipes

The following are suggestions sent by some of our regular **CeraLyte**® customers. Always use clean drinking water (bottled water, if on a trip abroad, is recommended):

CERA COOLER: Add a pinch of unsweetened Kool-Aid® or Crystal Light® or other diet powder drink mix to taste. Any flavor is okay. Some people mix a teaspoon of CeraLyte into flavored, unsweetened sparkling water (raspberry, for example) —this fizzes at first, so start with 4 ounces or less.

CERA ICY DRINK: First make Cera Ice (mix one 50 gram packet of **CeraLyte**® -with or without flavoring- into one liter of water and freeze it). Then put the Cera Ice into a blender along with 1 cup of milk or yogurt, some fresh fruit (bananas or strawberries or peaches, for example). Or, if desired, add sugar free powder drink crystals (such as Crystal Light®) to taste. Also good: Add 4 oz. diet frozen yogurt and blend. Serve.

CERA ICE: Make up a full liter of solution, stirring until the powder is fully dissolved. Pour immediately into an ice cube tray and freeze. Then use Cera Ice drinks, or crush it in the blender. It can also be helpful for fever.