

Cera Products Nutrition Composition Comparison Table

	Calories	Carbohydrate ^a Grams/mmol per Liter	Sugar Grams/Liter	Sodium ^b Mg / mEq per Liter	Chloride ^b Mg / mEq per Liter	Potassium ^b Mg / mEq per Liter	Citrate ^b mEq/Liter	Osmolarity mOsm/L
Sweat	N/A	N/A	N/A	460-1,840 / 20-80	710-2840	160-390	N/A	285
Standard WHO ORS	80	20 / 111	20	2,070 / 90	2,832 / 80	800 / 20	30	310
Low osmolarity WHO ORS	54	13.5 / 75	13.5	1,720 / 75	2,301 / 65	800 / 20	30	245
Ceralyte 50	160	40 / 61.5	8	1,150 / 50	1,416 / 40	800 / 20	30	200
Ceralyte 50 K+ free	160	40 / 61.5	8	1,150 / 50	672 / 20	0	30	180
Ceralyte 70	160	40 / 61.5	8	1,616 / 70	2,124 / 60	800 / 20	30	220
Ceralyte 90	160	40 / 61.5	8	2,070 / 90	2,832 / 80	800 / 20	30	260
Cerasport	160	40	8	460 / 20	672 / 19	160 / 5	6	135
Double Cerasport	320	80	16	920 / 40	1,344 / 38	320 / 10	12	270
Cerasport Plus ^d	240	60	12	460 / 20	672 / 19	160 / 5	6	150
Cerasport EX1	80	20	4	800 / 35	1,062 / 30	400 / 10	15	135
Cerasport Endurance ^{c, d}	320	60	12	800 / 35	1,050 / 26.6	320 / 8	7.7	240

^a Rice syrup solids

^b Trisodium citrate dihydrate, sodium chloride, potassium chloride, citric acid

^c Also contains 15 grams whey protein per liter

^d Available Spring 2019





Cera Product Description and Recommendations for Use

111 12th Street, Suite 100, Columbus, GA 31901 • Tel 706.221.1542 • www.ceraproductsinc.com

Ceralyte® is our ORS (Oral Rehydration Solution) line of products designed for medical use to treat dehydration. We adhere to the strict WHO guidelines for ORS. Cerasport® is our sport drink line of products. With more carbohydrates than the standard WHO formula with a low osmolality, our formula is absorbed quickly by the body for rapid rehydration.

Ceralyte 50	Best formula to balance nutrient levels in children with fever and/or dehydration where a low sugar formula is preferred. Ideal for adults with mild dehydration, prolonged bed rest, diarrhea due to medications, traveler's diarrhea, cancer patients on medications causing diarrhea, and patients with diarrhea from bowel disease. Recovery from dehydration due to excessive alcohol consumption.
Ceralyte 50 Potassium free	This alternative to IV solution can stabilize cell nutrient levels for transplant patients, or individuals that need potassium-free hydration. Best formula for dehydrated renal patients on low potassium diet, need sodium but not potassium.
Ceralyte 70	Restores fluid and nutritional balance in more severe cases of dehydration from diarrhea and fluid losses due to illness, bowel disease, or high ostomy output, where one would require IV fluids. This is also a great product for athletes suffering from exertional heat illness at sporting events (football, endurance races), rehydration after a weight cut in weight class sports (wrestling, boxing, MMA). Ideal for first responders to keep readily available.
Ceralyte 90	More extreme diarrhea and fluid losses from cholera or short gut, burn patients.
Cerasport	Our basic sport drink for sweat replacement, the low sugar formula makes it a great choice for children in sports or daily training rehydration. Double Cerasport (4 packets per liter) for endurance events >3 hours where >60 g carb per hour is needed.
Cerasport Plus	More carbohydrate than our traditional Cerasport, use for endurance events over 60-90 minutes.
Cerasport EX1	Significant fluid loss (over 3%) after a training event requires a higher sodium formula like EX1 to fully rehydrate; extreme sweating in occupations such as fire fighters, first responders, military training in MOPP gear; less severe weight cut in weight class sports; and dehydration from moderate alcohol consumption.
Cerasport Endurance	Higher carbohydrate formula, like our Cerasport Plus, with added protein at a 4:1 ratio, higher sodium like our EX1, for endurance events lasting >3-4 hours.