



oceantrace

ELECTROLYTE MIX

The World's Most Complete Mineral Complex

To get the most out of Oceantrace™, please follow the directions below. Please remember to seal bag or container well after opening. For long term storage and to avoid clumping, we recommend that the product be stored in a refrigerator after opening. Enjoy your Oceantrace™!

Electrolyte Water

Add one scoop (half teaspoon) to approximately 500mL - 1000mL (17-34 fl oz) water and shake/stir well until dissolved. For a twist, add a dash of lemon or lime juice.

Real Fruit Electrolyte Drink

Add one scoop (half teaspoon) to 150mL (5 fl oz) fruit juice and 350mL (12 fl oz) water (30/70% ratio) and shake/stir well until dissolved. If you prefer a bigger fruit kick, then feel free to adjust the ratio by adding more juice and less water. Refrigerate prepared beverages and consume within 24 hours.

Electrolyte Popsicles & Ice blocks

Follow preparation directions for electrolyte drinks and pour into moulds and freeze.

Also, add to:



ELECTROLYTE
DRINKS



SMOOTHIES
& SHAKES



POPSICLES
& TREATS



COOKING
& FOOD



Scan the QR code or visit
edgeelectrolytes.com to see more
info, tips, hints and recipes

