

CeraSport® Hydration

Health News From Cera Products, Inc.

Volume 9

www.ceraproductsinc.com

Number 7

CeraSport and CeraSport EX1

CeraSport® and CeraSport EX1® are both rice-based hydration drinks that were developed along with physicians at

Johns Hopkins University. CeraSport and CeraSport EX1 are the only hydration products on the market that are made from Cera's patented rice-based

carbohydrate blend. Our patented rice-based carbohydrate blend contains short, medium, long and very long chains of carbohydrate. As the body systematically breaks down the rice carbohydrate, CeraSport and CeraSport EX1 provide **both quick and sustained hydration**. Both products are gluten, fat-free and include glutamine and other naturally occurring components found in brown rice. Cera's products also have low osmolarity for enhanced absorption.

So what's the difference between CeraSport & CeraSport EX1?

The major difference between the two products is that CeraSport EX1 has half of the rice-based carbohydrate, and **nearly double** the amount of electrolytes compared to CeraSport. For specific nutrition facts, please see the comparison chart on the next page.



"I'm so stoked to have found something that I love and trust. It's just so simple. Even taking the little packets on long rides and runs is simple. From there all I have to do is add it to some water wherever I refill my bottles. Honestly, I credit a lot of finally having a decent run off the bike in Vancouver (the 1:22 half marathon), to finally finding something that I can run on-CLEAN FUEL. Big shout out and even BIGGER mahalo to Cerasport for the support!"

Bree Wee, CeraSport Professional Triathlete



CeraSport's Mirinda Carfrae wins REV3 70.3 Triathlon, June 7, 2009.

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“I’m excited to announce that I’m now a CeraSport athlete. I was looking to improve my nutrition, because I didn’t think the products I had been using were good enough to meet my nutritional needs. I needed to get it all ironed out perfectly since I’m going to be doing an Ironman at the end of the year and nutrition plays as big a part of the race as fitness does. My friend, Mirinda Carfrae recommended CeraSport as a new option. I think CeraSport is going to be more than just a sponsor for me. I just moved down to Austin, TX last week and it’s been over 100 degrees every day. I’ve found that I haven’t been as thirsty as I expected to be training in the heat. CeraSport has proven to be so good that even hospitals and some branches of the military have started using them to hydrate their patients. I’m already noticing the difference using it in my training as I’ve been able to ride in the middle of the day down here in Austin and then train later in the day without any hydration problems. I can’t wait to start using Cera Sport in my races.”

Richie Cunningham,
CeraSport Professional
Triathlete

CeraSport & CeraSport EX1
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When do I use CeraSport versus CeraSport EX1?

1 CeraSport is a great choice for endurance events and training regimens where carbohydrate consumption before, during and after activity is essential in order to help maintain blood sugar and prevent fatigue. These may include long distance running, triathlons, long distance cycling, backpacking, adventure

racers or other physical activities that last over 60 minutes. **CeraSport** mixes into 16 oz of water (not 16.9 oz), so drink some of the water in a 16.9 oz bottle first, then mix and shake well.

2 CeraSport EX1 is ideal for shorter bouts of physical activity and for activities that take place in hot, humid or high heat-stress environments. In these conditions sweat rate increases and a stronger electrolyte replacement is needed. **CeraSport EX1** is ideal for track and field events, weight lifting, material arts, police or fire training, golf, tennis,

exercise or fitness classes and other activities, including military training or operations that take place in very hot and humid conditions.

3 Combining CeraSport and CeraSportEX1: to get more carbohydrates and a strong electrolyte replacement, combine **CeraSport** and **CeraSport EX1** into 24 oz of water. This will provide a more optimal solution for distance events that take place in hot and humid weather conditions. ■

CeraSport vs CeraSport Ex-1

	CeraSport into 16 oz.(480 ml) 8 oz serving size		CeraSport Ex-1 into 16.9 oz.(500 ml) about 8 oz. serving size		CeraSport + Ex-1 into 24oz.(710ml) about 8 oz serving size	
	mg/serving	mEq/L	mg/serving	mEq/L	mg/serving	mEq/L
Sodium	100	20	200	35	205	35.9
Potassium	40	4	100	10	90	9.3
Citrate	165	5.1	240	15	215	13.5
Chloride	315	18	260	30	270	31.6
Carbs. grams/serving	10		5		10	
Sugars* grams/serving	2		1		2	
Cal/serving	40		20		40	
Osmolarity	<150		<150		<150	
*Sugars in CeraSport (and CeraLyte) are the naturally occurring sugars from rice, not any added sugar or sugar derivatives						

The above chart indicates salts and carbohydrates for CeraSport CeraSportEX1 and when you combine 1 packet of CeraSport (20g) with 1 packet of CeraSportEX1 (12.5g) into 24 oz of water. For 250 ml, CeraSport calories would be 40 and CeraSportEX1 would be 20.

Note: *4 k/ cal per gram of CeraSport or CeraSportEX1. CeraSport has 40 grams of complex rice carbohydrates per liter and CeraSportEX1 has 20 grams per liter (33.8 oz).