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ONCE A DAY ELECTROLYTES with Vitamins

For electrolyte balance and energy production*.

Nutritional Information

One tablet provides:

	*%NRV			%NRV	
Vitamin E	24 mg	200	Minerals		
Vitamin C	80 mg	100	Calcium	75 mg	94
Niacin	32 mg	200	Magnesium	75 mg	20
Vitamin B6	2.8 mg	200	Chloride	195 mg	24
Folic acid	400 µg	200	Potassium	100 mg	5
Vitamin B12	5 µg	200	Sodium	260 mg	-
Biotin	100 µg	200			
Pantothenic acid	12 mg	200			

*NRV = Nutrient Reference Values

Take one tablet daily dissolved in a glass of water.



- Vitamins, and minerals that contribute towards energy and hydration
- Delicious tasting effervescent tablet
- Fast acting

DESCRIPTION

Once A Day Electrolytes provides essential minerals including magnesium which contributes towards electrolyte balance and are essential to take water into the cells effectively. Also provided are vitamins, including B vitamins and vitamin C which contribute towards normal energy yielding metabolism and a reduction in tiredness and fatigue. Effervescent tablets dissolve quickly in water and the nutrients are absorbed quickly in the body allowing swift tissue saturation.

HOW DO THE INGREDIENTS IN ONCE A DAY ELECTROLYTES SUPPORT PHYSICAL ACTIVITY?

Hydration: Electrolytes are nutrients that conduct electricity when dissolved in water and control water passage in and out of the cells. They are essential for the proper function of the muscles and nerves and for maintaining normal blood pressure. For adequate cellular hydration these channels need to be opened and stimulated by the electrolyte nutrients which include calcium, magnesium, chloride, potassium and sodium. During physical exercise additional electrolytes may be necessary to maintain cellular hydration and to maintain physical performance.

Calcium and magnesium for muscle function: Calcium and magnesium work together for the normal functioning of muscles. Calcium is needed for muscle contraction, and magnesium is needed for the release of contractions, both essential in muscle function.

B vitamins for energy: Vitamins are also beneficial for energy production and some of them contribute directly to the energy production cycle.

- Niacin (B3) – NADH
- Pantothenate (B5) – Co-enzyme A
- Vitamin B12 - methylmalonyl-CoA

NADH, Coenzyme A and methylmalonyl-CoA feed directly into the krebs cycle where they aid in the production of ATP, a vital energy source. Insufficient intake of B vitamins can impair energy production and leave a person feeling fatigued. Vitamin B6 plays a role in over 100 enzymatic reactions in the body, including the conversion of fats, proteins and carbohydrates into energy. Folic acid is another nutrient that is required for the conversion of fats, proteins and carbohydrates into energy. Folic acid is also involved in red blood cell creation along with vitamin B12 and the transportation of oxygen around the body. Biotin is another B vitamin that serves as a coenzyme for five carboxylases and the enzymatic conversion of fats, proteins, and carbohydrates into energy¹.

Vitamin C: Vitamin C is needed for a chain of reactions that ends in glycolysis and gluconeogenesis for energy production and metabolism. Vitamin C, also works with other B vitamins in the adrenal glands for the regulation of blood glucose levels and the stress response, needed for energy and motivation.

Vitamin E: Vitamin E is the main fat-soluble antioxidant in human plasma and reduces contraction-mediated oxidative damage. Vitamin E deficiency adversely affects muscle contractile function and results in a quicker development of muscle fatigue during exercise².

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING ONCE A DAY ACTIVE EFFERVESCENT ?

Once A Day Electrolytes is intended for use by adults who wish to support their hydration and physical performance and is not suitable for:

- Pregnant and breastfeeding women
- Children

HEALTH NEEDS



ENERGY

SCIENTIFIC REFERENCES

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4757853>
2. <https://pubmed.ncbi.nlm.nih.gov/12111289>

