

How Your Body Says It's Dehydrated

Dehydration and electrolyte imbalance can lead to 1:



GI Issues



Irritability



Confusion



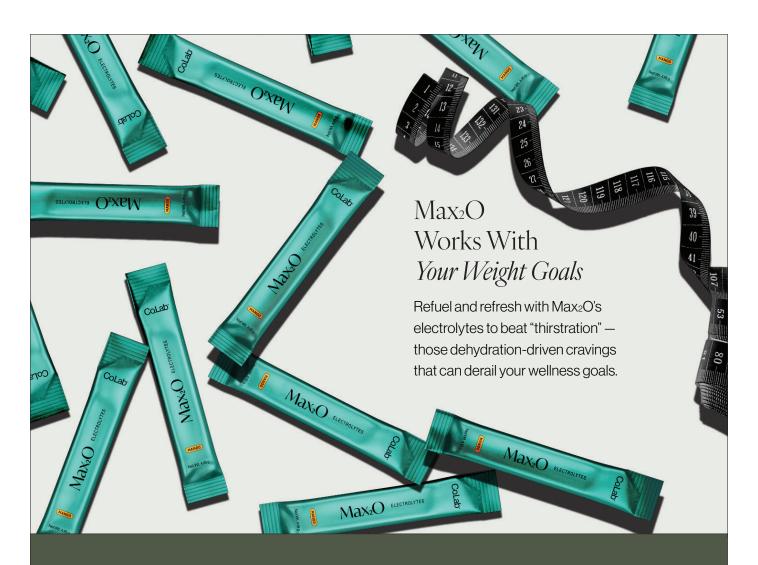
Fatigue



Headaches



Muscle Cramps



Hungry for More?

If you're cutting calories, working out or not supplementing minerals, chances are you're not just thirsty, you're depleted. Electrolytes are essential to maintaining a healthy balance and can help you reach your goals.

