



CeraLyte® Information/Mixing Instructions

(Recipes on reverse)

CeraLyte is a natural rice-based oral electrolyte which comes in ready-to-drink liquid form or powder packets that can be mixed into water to prevent or correct dehydration, and restore fluid volume. CeraLyte packets come in a 50 gram size that makes one liter (4 cups), and a 10 gram size that makes 200 ml (7 oz.). CeraLyte's unique long chain carbohydrate and electrolyte blend has low osmolarity, which promotes rapid absorption for quickly restoring cell function as well as fluid volume.

For diarrhea, it is recommended to drink CeraLyte to replace fluids lost from diarrhea and/or vomiting (lose a cup, drink a cup, for example). This may mean sipping 6 or 7 ounces after every episode. ORS works well when used early before problems get serious. If the problem continues more than a day or two or if there is high fever or blood, contact a physician or medical center immediately. CeraLyte is also recommended by some physicians for chronic fatigue syndrome (CFS), neurally-mediated hypotension, or dysautonomia and where volume depletion is a problem.

To make a full liter

Briskly stir one packet of CeraLyte powder into ¼ cup of water (preferably hot) until dissolved. Then add the rest of the water (to bring to a total of 33.8 fluid ounces or 4 1/4 cups) and keep stirring until the powder has fully dissolved. Refrigerate unused portion and discard any unused portion after 24 hours, or freeze it as "Cera Ice". (Cover to freeze.)

To make a single serving

Briskly stir two (2) level teaspoons into 200 ml (approximately 7 ounces) of water (hot or cold) in a mug or glass. When using only part of a packet, roll the remainder up tightly in the packet, and store the opened packet in a zip-lock plastic bag, preferably in a refrigerator or freezer and use the balance within 24 hours, or make "Cera Ice."

For sweat replacement

Mix one 50 gram packet CeraLyte-70 into two (78 oz. water) or even **three** liters (12 2/3 cups or 101.4 fl. oz) of clean drinking water. For a single serving using a 50gram packet, mix 1 Tbsp. CeraLyte into 34 oz. (12 g) or 1 ½ tsp. into 2 cups (16 oz.) water and put into a sports bottle. Drink within 3 to 4 hours, then discard. After opening a 50 g packet, tightly roll up the package, put it in a zip-lock plastic bag, and use within a week.

Or, mix one 10 gram packet into 16.9 oz. water (500 ml standard water bottle) and shake well. Flavor if desired with Stevia or other non-nutritive sweetener, herb tea, or powdered drink mixes like Crystal Light®, or other non-nutritive sweetened drink mix. (Use as little sweetener as possible, however.)

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Hot or Cold

Most customers mix CeraLyte as directed and sip it chilled. CeraLyte can be mixed into hot water too, and tastes like a soup.

Certifications

Cera manufactures its all-natural vegetarian products under Good Manufacturing Practices (GMP) under USDA and/or FDA oversight and inspection, and World Health Organization (WHO) standards for electrolyte formulations. Cera also holds kosher Orthodox Union (OU) and National Nutritional Foods (NNFA) Tru-label® certifications for its products. CeraLyte and CeraSport are recognized by the Celiac Sprue Association as certified gluten-free products.

CeraLyte Recipes:

The following are suggestions sent by CeraLyte customers. All recipes have been tested at hospitals such as Johns Hopkins, Emory, and Mayo Clinic.

Cera Ice

Make up a full liter of solution, stirring until the powder is fully dissolved. Pour immediately into an ice cube tray and freeze. Then use Cera Ice in drinks, or crush it in a blender. This prevents dilution of the product. Some customers say Cera Ice is good for mouth sores, too.

Cera Icy Drinks

Icy Drink#1: First make CeraLyte as directed. Then, in your sports bottle or other container, put it into the freezer until it becomes thickened to your taste.

Icy Drink #2: Make Cera Ice (see above), put that into a blender along with 1 cup of milk or yogurt, some fresh fruit (bananas, strawberries, peaches, for example) and, if desired, sugar free powder drink crystals (such as Crystal Light). Serve with a straw to sip.

Optional: add 4 to 8 oz. diet frozen yogurt or standard yogurt. Blend until desired consistency.

Cera Soup

In addition to the Chicken Broth flavor, Natural CeraLyte mixed into hot water tastes like a mild vegetable or oriental soup broth. You can add noodles, rice, potatoes, and/or carrots, or eat these along with the Cera Soup.

Cera Tea

CeraLyte Natural or Lemon flavors can be mixed into hot water and flavored with tea crystals or herbal tea (Constant Comment by Bigelow is a customer favorite that can help mask any salty taste). If CeraLyte is served as tea, do not add ice (except for Cera Ice, above) as that will dilute the electrolytes. If sweetness is desired, we recommend Stevia, and most artificial sweeteners like Splenda, Equal or Sweet'N Low. Do NOT use sugar, honey, or agave nectar, as these can make diarrhea worse. For cold tea, cool in refrigerator and discard any unused portion after 48 hours.

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Cera Cooler

Some people add one teaspoon of CeraLyte to one cup of unsweetened, flavored sparkling water (raspberry, for example). This "fizzes" up at first, so do not fill the glass! Some prefer adding a pinch of sugar-free Kool-Aid or diet drink mix like Crystal Light to CeraLyte in standard drinking (or bottled) water.

Cera Jell-O

1 small package of diet cranberry Jell-O, 1 small package of diet lemon or orange Jell-O, 1 50 gram packet of CeraLyte (natural or lemon), or 5 CeraLyte 10 gram packets.

(For Finger Jell-O: also add 1 packet of unflavored gelatin). Stir ingredients into 2 cups of hot water until fully dissolved, and then add 3 cups of cold water.

(For diarrhea patients, other flavors are okay as long as they are "diet" Jell-O).

CeraLyte comes in small single serving 10g packets that make one serving of 200 ml (about 7 oz.). These come in natural/unflavored, lemon, chicken broth, and berry flavors. All recipes above can be made with single serving packets. Five single serving packets make one liter or 4 cups of liquid. Sipping CeraLyte (rather than drinking full liters at one time) may be helpful in promoting constant absorption and may help avert vomiting.

**CeraLyte Natural is unflavored, and therefore free of any added flavor or color.*

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