

	Electromineral Cell Salts +C By Essanté Organics	Gatorade	Coconut Water	Emergen-C	Powerade
Calories	6	80-140	60	35	80-230
Fat	0	0	0	0	0
Cholesterol	0	0	0	0	0
Carbohydrates	0	21-36g	15g	8g	14-37g
Sugars	0	26-34g	15g	7g	14-21g
Phosphorous	0	0	38mg High phosphorous levels in blood can pull calcium from bones	38mg High phosphorous levels in blood can pull calcium from bones	0
Sodium	660mg Sodium Bicarbonate AKA alkalizing baking soda	190mg Sodium Citrate Side Effects: swelling, weight gain, muscle weakness/cramps, stomach pain, irregular heart, ongoing diarrhea, mood changes, seizures	55mg Naturally Occurring yet it may be a concern for those with high blood pressure	65mg Monosodium Phosphate an acidic industrial chemical, high phosphates lead to heart & kidney issues	160-250mg Magnesium Chloride a chemical salt made of magnesium & chlorine, can cause upset stomach, diarrhea, & vomiting
Calcium	70mg	48mg	96mg	50mg	0
Magnesium	40mg	0	29mg	60mg	40mg
Potassium	1,640mg 1 banana has 537mg	73mg	620mg	200mg	35-60mg
Vitamin C	600mg	3mg	65mg	1,000mg	0
Artificial Ingredients	NO	YES	NO	YES	YES

When used as directed
1 scoop 2x day
\$0.83/scoop

1 16oz bottle
\$1.99/bottle

1 12oz bottle
\$1.44/bottle

1 packet
\$0.42/packet

1 20oz bottle
\$1.48/bottle