



### Dr. Laleh's Electrolyte Drink

<b><u>Ingredients</u></b>	<b><u>Amount</u></b>
Unsweetened cranberry juice	¼ C
Molasses	1 TBS
Plain filtered Water	40 oz
Iodized sea salt	a dash

Mix all together and use as a sport's drink base. You may add BCAA's or Creatine and drink pre and during work out.

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