



Q: Is there much of a difference in Lava salts and Endurolytes?
J.S.

A: The main differences between Endurolytes and Lava Salts are:

Endurolytes has the full panel of electrolytes (Sodium, Magnesium, Potassium, Manganese, and Calcium). Lava Salts has 4 types of sodium (chloride, bicarbonate, citrate and phosphate) and potassium and trace amounts of Magnesium.

Endurolytes has 100mg of sodium and Lava Salts has 255mg per serving (1 capsule).

Endurolytes also uses a chelated version of the minerals, which improves the absorption rate of the electrolytes.

Most people need between 80mg and 350mg of sodium per hour (sometimes slightly more). Having each capsule be 100mg makes it a little easier to provide the right dosage per hour and you can slow feed the sodium over the span of an hour. Your body is real sensitive to putting in a bunch of sodium at one time.

Long answer short, is that ***Endurolytes is the better choice*** because it addresses the full panel of electrolytes, better absorption rate and the ability to “slow feed” what your body needs.