

Everlast B0DP8LB4ZN

Everlast Electrolyte Sports Drink User Manual

Model: B0DP8LB4ZN

1. PRODUCT OVERVIEW

The Everlast Electrolyte Sports Drink in Blue Blast flavor is designed to support peak performance and aid in recovery. This isotonic beverage helps maximize fluid absorption and energy conversion, making it suitable for consumption before or during physical activity to maintain focus and energy levels.



Image 1.1: A pack of four Everlast Electrolyte Sports Drink bottles, Blue Blast flavor, 500ml each.

Key Features:

- **Blue Blast Flavor:** A distinct flavor formulated to support performance and recovery.
- **Isotonic Formula:** Engineered to optimize fluid absorption and energy conversion within the body.
- **Hydration Support:** Aids in rapid replacement of vital fluids, energy, and electrolytes lost during exercise.
- **Osmolality:** Formulated with an Osmolality of 257mOs/L for quick fluid replacement.
- **Performance Sustenance:** Helps prevent fatigue and sustain performance during physical activity.

2. PREPARATION FOR CONSUMPTION

For optimal taste and refreshment, it is recommended to chill the Everlast Electrolyte Sports Drink before consumption. Ensure the bottle cap is securely fastened until ready to drink.



Image 2.1: A single 500ml bottle of Everlast Blue Blast Electrolyte Sports Drink.

3. USAGE GUIDELINES

This sports drink is intended for consumption by individuals engaged in physical activity to support hydration and energy levels.

Recommended Usage:

- **Before Activity:** Consume a bottle prior to physical exertion to pre-hydrate and energize.
- **During Activity:** To maintain fluid balance and performance during vigorous exercise, consume 150-250ml of Everlast Isotonic Drink every 15 minutes. Adjust intake based on intensity and duration of activity, as well as individual hydration needs.
- **After Activity:** Can be consumed post-exercise to aid in rehydration and recovery.



Image 3.1: Everlast Sports Drink bottle positioned with various gym equipment, illustrating its use during physical activity.

4. STORAGE AND HANDLING

Proper storage ensures the quality and safety of the product.

- Store in a cool, dry place away from direct sunlight.
- Refrigerate after opening and consume within 3 days.
- Do not freeze.
- Ensure the cap is tightly sealed when not in use.

5. NUTRITIONAL INFORMATION AND INGREDIENTS

Understanding the nutritional content and ingredients is important for dietary considerations.

Nutrition Facts:

INGREDIENTS: Water, Sugar, Sodium Citrate, Citric Acid, Potassium Phosphate, Ascorbic Acid, Salt, Acacia Gum, Glycerol Esters of Wood Rosins, Artificial Flavors, Sodium Benzoate (as preservative), Butylated Hydroxyanisole, FD&C Blue No. 1.

Image 5.1: Detailed Nutrition Facts for one bottle of Everlast Electrolyte Sports Drink, showing calories, fats, sodium, carbohydrates, sugars, and protein.

A serving size is 1 bottle (500ml). Each bottle contains 100 calories. Key nutrients include 250mg Sodium (10% Daily Value) and 70mg Potassium (2% Daily Value). Total Carbohydrates are 24g, with 24g of Total Sugars, including 24g of Added Sugars (48% Daily Value).

Ingredients:

Nutrition Facts	
Serving size:	1 Bottle
<hr/>	
Amount per serving	
Calories	100
<hr/>	
% Daily Value*	
Total Fat	0g
	0%
Sodium	250mg
	10%
Total Carbohydrate	24g
	9%
Total Sugars 24g	
Inc. Added Sugars 24g	48%
Protein	0g
<hr/>	
Potassium	70mg
	2%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Image 5.2: The complete list of ingredients for Everlast Electrolyte Sports Drink.

The ingredients include Water, Sugar, Sodium Citrate, Citric Acid, Potassium Phosphate, Ascorbic Acid, Salt, Acacia

Gum, Glycerol Esters of Wood Rosins, Artificial Flavors, Sodium Benzoate (as preservative), Butylated Hydroxyanisole, and FD&C Blue No. 1.

6. SPECIFICATIONS

Attribute	Detail
Brand	Everlast
Model Number (ASIN)	B0DP8LB4ZN
Flavor	Blue Blast
Item Form	Liquid
Units	4 Count
Package Information	Bottle
Item Weight (per pack)	4.19 Pounds
Manufacturer	Everlast

7. IMPORTANT SAFETY INFORMATION

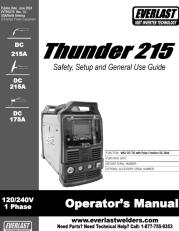
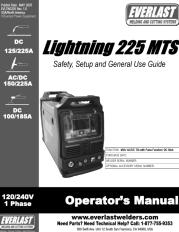
Please note the following important information:

- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.
- Consult with a healthcare professional before consuming if you have any pre-existing medical conditions or are taking medication.
- Keep out of reach of children.

8. SUPPORT AND CONTACT

For further assistance, inquiries, or product information, please contact Everlast customer support or visit their official store.

- **Everlast Store:** [Visit the Official Everlast Store on Amazon](#)
- **General Inquiries:** Refer to the manufacturer's contact information on the product packaging.

	<p><u>Everlast Powerlock Double End Reflex Ball Assembly Instructions</u></p> <p>Step-by-step assembly instructions for the Everlast Powerlock Double End Reflex Ball, detailing methods for securing the elastic rope using suction cups or carabiners, and adjusting the ball's height for optimal use.</p>
	<p><u>Everlast Thunder 215 Operator's Manual: Safety, Setup, and Use Guide</u></p> <p>Comprehensive operator's manual for the Everlast Thunder 215 welder, covering safety, setup, operation, specifications, and troubleshooting for MIG, TIG, and Stick welding processes.</p>
	<p><u>Everlast Mouthguard User Instructions and Fitting Guide</u></p> <p>Comprehensive guide for Everlast mouthguards, detailing product types, fitting instructions, maintenance, storage, and safety warnings for optimal use in sports like Martial Arts.</p>
	<p><u>Everlast Lightning 225 MTS Operator's Manual - Safety, Setup, and Use Guide</u></p> <p>Comprehensive operator's manual for the Everlast Lightning 225 MTS multi-process welder. Covers safety, setup, operation, and maintenance for professional MIG, TIG, and Stick welding applications.</p>