

## Moringa vs. Sports/Energy drinks

Today there is a growing concern about the **overuse of sport/energy drinks**. These mainstream sport drinks are considered by the general public to be nutritious. However, this could not be any further from the truth.

Today, **coaches and athletes** often use these sport/energy drinks without thinking about what they are putting into their bodies. They believe these drinks reduce dehydration and speed recovery from muscle cramping. TV campaigns and mainstream media seem to have brainwashed almost everyone into **believing that these drinks work** with no questions asked.

However, upon further examination, it quickly is revealed this most emphatically is not the case. Most “all-mineral” enhanced drinks on the market today have **way too much sugar and also are overloaded with sodium**. When you add to this the fact that most Americans today already consume excessive amounts of sodium and sugar in their diets, you have a **catastrophe** waiting to happen.

The underlying problem is that the minerals most needed by the muscles to help stop the cramping while still allowing optimal performance (calcium, magnesium and potassium) are being washed-out by the **high sodium** content present in all sport drinks.

These sport/energy drinks also use **unrefined minerals** to supplement their formula. These minerals have a poor "uptake time" in the body, meaning they are slow in getting into the cells. When you add this to the fact that the body already is in a dehydrated state (making it even harder for these low quality minerals to enter the cell), you are left with an environment that makes it **almost impossible** for quick recovery of a cramping muscle.

The fastest and healthiest way to prevent muscle cramping and speed recovery time is to allow the minerals, through nature, to be absorbed into a plant and then extracted directly from the plant. This “**Natural Process**” almost always will give you a low-sodium electrolyte formula rich in calcium, magnesium and potassium.

The problem with this technique is that mineral levels are too low in most plants, but this is not the case in drought resistant plants and trees. These drought resistant species have unique abilities to gather and retain higher levels of electrolyte minerals.

**All Energy/Sports drinks** and **sodas** soon will be outlawed in schools after a new law is passed by Congress. This should tell everyone that these drinks are **bad for us!!** Moringa provides **great mineral bio-availability** (faster uptake to the cell), perfect mineral ratio, and the highest electrolyte concentration of a plant-based formula. This translates into the perfect drink complete with all the nutrition your body needs.

With great **electrolyte balance** to protect your body from cramps and dehydration, **safe and natural** brain stimulators that keep the mind alert and focused longer, this tree will always be known as the **MIRACLE TREE!**

Help us to challenge the companies that continue to market unhealthy drinks - **So DRINK Zija, the best formula of MORINGA!!**

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