

# Zija vs. Sports/Energy drinks

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

Coaches and athletes often use these sport/energy drinks today without thinking. They believe these drinks reduce dehydration and speed recovery from cramping. TV campaigns and mainstream media seem to have brainwashed almost everyone into believing that these drinks work- no questions asked.

Upon **further examination**, it is quickly revealed that this is emphatically not the case. Most “All-mineral” enhanced drinks on the market today have **way too much sugar and are overloaded with sodium**. When you add this to 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 muscle to stop cramping while allowing optimal performance (Calcium, Magnesium, and Potassium) is being **washed-out by the high sodium** content, in all sport drinks.

These sport/energy drinks also use unrefined minerals to supplement their formula. These minerals have a very poor uptake time in the body (**slow getting into the cell**). When you add this to the fact that the body is already 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**” will almost always give you a low- sodium electrolyte formula rich in calcium, magnesium and potassium.

The problem with this technique is that the mineral levels are too low in most plants. 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 will soon be outlawed in schools after a new law is passed by congress. This should tell everyone that these drinks are bad for us!!

Moringa gives you 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**, 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!**

**Challenge** the companies that continue to market unhealthy drinks at any cost, **DRINK ZIJA!!**