



ag

# Elektrolyte Pure

*Data Sheet*

[www.artgerecht.com](http://www.artgerecht.com)



## Elektrolyte Pure



### Pure. Isotonic. Effective. artgerecht Pure.

For daily mineral supply & rapid rehydration

### Water alone is not enough. Without the right electrolytes, your hydration remains incomplete.

Your body consists of over 50% water. Loss of water and minerals is therefore critical. Whether after exercise, on hot days, or under increased physical stress: Electrolyte Pure restores your fluid and mineral balance.

- 100% isotonic thanks to ideal osmolarity
- Free from sugar, sweeteners, flavorings & additives
- Ideal for sports, summer, and recovery
- Ultra-pure citrates: magnesium, potassium, calcium, sodium
- Rehydrates you faster than water

## What is Elektrolyte Pure?

Electrolyte Pure is a premium electrolyte complex that specifically supports the supply of the **essential minerals** sodium, potassium, calcium, magnesium, and chloride to the body. These electrolytes are critical for numerous vital bodily functions, especially **nerve conduction**, **muscle function**, **fluid balance**, and **electrical signal transmission**.

The isotonic formulation with a unique **osmolarity profile of ~277 mOsm/L** ensures that the minerals are absorbed particularly quickly and **efficiently** by the body. Osmolarity indicates how many dissolved minerals are present in a liquid. It affects how quickly fluids and nutrients are absorbed by the body, especially in the intestines. The human body is optimized to absorb fluids with an osmolarity of approximately **280 mOsm/L**. This value roughly corresponds to the osmolarity of our **body fluids** (e.g., blood plasma). Electrolyte Pure is therefore ideal for rehydration after exercise, in extreme heat, during **fluid loss**, or after alcohol consumption.

Compared to conventional compounds, the **highly bioavailable citrate forms** are especially well absorbed and utilized by the body. The **vegan, lab-tested quality**, the absence of sweeteners, colorings, and preservatives, as well as the sugar- and flavor-free formulation, make Electrolyte Pure a high-quality, particularly well-tolerated, and versatile solution for **daily mineral intake**.

## Why Elektrolyte Pure from artgerecht?

- Perfectly matched isotonic profile: ~277 mOsm/L
- Minimalist & pure - no sweeteners, no flavor, no sugar - no nonsense
- Citrate forms for highest bioavailability
- Vegan, free from artificial additives, lactose-free
- Approved for pharmacy distribution (listed with PZN)
- Ideal product for summer & sports
- Developed based on WHO recommendations for oral rehydration solutions
- Lab-tested
- Made in the EU

## Scientific background to Elektrolyte Pure?

Specific Functions of Each Electrolyte

**Sodium** plays a major role in regulating water balance and is essential for maintaining osmotic equilibrium in the cells. **Potassium** is crucial for the electrical excitability of nerve and muscle cells. **Magnesium** acts as a cofactor in over 300 enzymatic reactions, supports neuromuscular transmission, and is involved in energy production in the mitochondria. **Calcium** plays a key role in muscle contraction, blood clotting, and intracellular signal transmission. The **balanced interaction** of all these minerals is essential for physiological homeostasis and the body's functional equilibrium.

## High Bioavailability Thanks to Citrate Compounds

Bioavailability - the body's ability to absorb and utilize a nutrient - is a key factor in dietary supplements. Electrolyte Pure uses only **citrate compounds** such as magnesium citrate or potassium citrate. Compared to inorganic forms like oxides or carbonates, these are significantly **more soluble** and better absorbed. Citrate ions not only enhance absorption in the intestines but also have an **alkalizing** effect. This can positively influence the acid-base balance. Especially under physical stress or a low-fiber, high-fat diet, it's important to counteract the body's over-acidification.

## Frequently Asked Questions

### Why is the product not flavored?

Electrolyte Pure is deliberately unflavored to give you maximum flexibility in use. The powder can be used entirely according to your preferences: plain in water for quick and neutral electrolyte intake, or mixed with your favorite drink. The absence of flavorings, sweeteners, and other additives also allows for particularly pure, well-tolerated, and versatile use. The product is therefore also ideal for people with sensitive digestion.

### Is Electrolyte PURE also suitable for long-term use?

Yes, Electrolyte Pure is ideal for daily mineral intake. Depending on age, activity level, health status, and other factors, the required amount of electrolytes may vary. To determine individual needs, consulting a doctor may be helpful. The recommended daily dose should not

be exceeded.

### What exactly does “isotonic” mean?

The term “isotonic” describes the property of a substance having the same osmotic pressure as blood. The concentration of dissolved particles (in this case, minerals) corresponds to that of the body's own blood plasma. Electrolyte Pure has an osmolarity of about 277 mOsm/L, which is close to the osmolarity of human blood (approx. 280 mOsm/L). As a result, the solution is particularly well absorbed by the body, as no water needs to be drawn from the cells. The necessary electrolytes can be replenished quickly, which positively affects performance and well-being.

### Can I take it for a hangover or diarrhea?

Absolutely. In cases of diarrhea, important electrolytes may be excreted with the stool, which can lead to fatigue and weakness. Alcohol also causes fluid loss in the body and can disrupt electrolyte balance. Electrolyte Pure helps replace *lost minerals* and reduce fluid loss.

### Why does the product not contain vitamins?

Electrolyte Pure contains no vitamins because it focuses on what truly matters during rehydration: pure electrolytes.

## Specific functions of each electrolyte

**Sodium** plays a key role in regulating water balance and is essential for maintaining osmotic equilibrium in the cells. **Potassium** is crucial for the electrical excitability of nerve and muscle cells. **Magnesium** acts as a cofactor in over 300 enzymatic reactions, supports neuromuscular transmission, and is involved in energy production within the mitochondria. **Calcium** plays a central role in muscle contraction, blood clotting, and intracellular signal transmission. The **balanced interaction** of all these minerals is essential for physiological homeostasis and functional equilibrium in the body.

### High bioavailability thanks to citrate compounds

Bioavailability – the ability of the body to absorb and utilize a nutrient – is a central aspect of dietary supplements. Electrolyte Pure uses only **citrate compounds** such as magnesium citrate or potassium citrate. These are significantly **more soluble** and better absorbed than inorganic forms like oxides or carbonates. Citrate ions not only improve absorption in the intestine but also have an **alkalizing** effect. This can positively influence the acid-base balance. Especially under physical stress or a fiber-poor and high-fat diet, it is important to counteract excessive acidity in the body.

## Ingredients

Sodium citrate, magnesium citrate, calcium citrate, potassium citrate, sodium chloride (table salt).

| Content      | Per daily dose (9.3 g) | NRV <sup>1</sup> |
|--------------|------------------------|------------------|
| Total sodium | 1.33 g                 | -                |
| Chloride     | 0.78 g                 | 96.9 %           |
| Potassium    | 0.66 g                 | 32.8 %           |
| Calcium      | 0.34 g                 | 42.4 %           |
| Magnesium    | 0.15 g                 | 40 %             |

## Recommended intake

Mix 1 scoop into 400 ml of liquid (e.g. water, juice, spritzer, smoothie) and drink once daily with breakfast.

## Additional information

- SKU/MPN: 15115-2
- Content: 279 g
- Net filling quantity: 279 g
- EAN/GTIN: 4260656121023
- PZN (DE): 19902372
- PZN (AT): 5956163
- Customs tariff number: 21069098
- Origin: SI
- Version: 16.04.2026



---

1) Nutrient reference values for adults, based on EU regulation