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Steve Mackel (Sunrider Sport)

I take many Sunrider® products because they help me feel better. As a marathon and triathlon coach, I am always looking for products that give me and my athletes an advantage in training and on race day.

One advantage is Sunrider's ElectroSport®. We all need our electrolytes balanced, especially endurance athletes. The body works on an electrochemical level and maintaining electrolyte balance is where ElectroSport® comes in. Electrolytes optimize intracellular and extracellular performance. A lack of electrolytes can quickly and dramatically effect performance in seasoned athletes as well as "weekend warriors."

Many times we need help maintaining a proper electrolyte balance. This can take place in everyday living and happens frequently in active people. As a coach/athlete, I train many hours a day. Many of the people I coach must fit in a full day at work, plus find time to train. I rely on ElectroSport® to help me maintain those optimum electrolyte levels and recommend it as part of an optimum nutritional protocol for active people.

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