

# DIY Electrolyte Beverage

Making your own DIY electrolyte beverage is a refreshing and cost-effective way to stay hydrated. Adjust the ingredients based on your flavor preference and electrolyte replacement needs.



## 1 Water

Use tap water, coconut water, or fruit/herb infused water as your base.  
Use a large jar or pitcher to make multiple servings.

## 2 Electrolytes

Sodium and chloride (salt) are the most abundant electrolytes in sweat with potassium, magnesium, and calcium present in lower amounts.

Add about 1/4 teaspoon of salt to every 3 cups of water. If you're a heavy sweater and/or will be sweating for a long period, add more salt and consider adding in potassium, magnesium, and calcium as well. These can be found in powdered form.



## 3 Citrus

Add a squeeze of citrus like lemon, lime, or orange.  
Add more to taste. This will help mask the salt water flavor.

## 4 Fruit juice or sweetener

If you're preparing for or engaging in physical activity, you will want to add a sugar source (carbohydrate) to help fuel your body with energy. Cranberry, pomegranate, or cherry juice are less acidic; therefore, less likely to cause GI upset. Honey is also a great option. Add 1/2 cup juice or 1 tablespoon honey for about 15 grams of carbs. Adjust based on activity intensity and duration. See [chart](#) for guidance.

