



HOMEMADE

# ELECTROLYTES

An effective electrolyte should aim for the following ingredients per litre:

- -1,000 - 1,500mg sodium
- ~24-30g glucose
- ~200-400mg potassium
- Optional magnesium, calcium and vitamin C



## BASE ELECTROLYTE RECIPE

- 1L water
- ½ tsp salt (~1,160mg sodium) (3g)
- 1/3 tsp baking soda (~420mg sodium) (2g)
- 6 teaspoons glucose/dextrose (or table sugar if can't access glucose powder) (~24g)
- ½ tsp cream of tartar (~250mg potassium) (2g)

### Directions

Mix ingredients together and refrigerate or serve at room temperature or over ice as preferred.

## OPTIONAL ADDITIONS

- ¼ tsp magnesium powder (or as directed)
- 2 TBS lime juice (~9.2mg vit C)
- 2 TBS lemon juice (12mg vit C)
- ½ tsp citric acid (for flavour)
- Other flavours:
  - Fresh fruit: e.g. ¼ cup raspberries, 3-4 orange slices etc
  - Water flavouring:
    - Makes 18 litres: <https://vitalzing.com.au/collections/waterdrops?page=1>
    - Makes 6 litres: <https://waterdrop.com.au/collections/microdrinks#>
  - Iced tea: e.g. T2 Cold Brew <https://www.t2tea.com/en/au/peachberry-cold-brew-tea-bag-pack-15-pack-B130AE013.html>
  - Juice (see recipes below to alter glucose accordingly)
  - Coconut water (see recipe below to alter potassium, glucose and sodium accordingly)





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## CONSIDERATIONS

- **Individualisation:** The recipe above can be individualised based on your needs
  - The recipe above is best for people who need effective hydration e.g. POTS, athletes, excessive sweating, fluid loss or diarrhoea
  - If you don't have a medical condition or lifestyle that warrants the need for more effective and rapid hydration, you can make alterations to the amount of salt and glucose.
    - You can reduce the salt to ¼ teaspoon to make it more palatable.
    - You can leave out the baking soda to make it more palatable. This will mean that you won't absorb the electrolyte as effectively.
    - You don't have to add the glucose or can add your choice of sweetener instead. This will mean that the electrolyte won't hydrate you as rapidly.

- **Glucose:**

- Glucose (dextrose) powder can be purchased from brewing stores, some health food stores and chemists or online. For example:  
<https://www.chemistwarehouse.com.au/buy/46691/glucodin-powder-zip-bag-325g>



- **Citrus:**

- If you're planning on slowly sipping the electrolyte throughout the day, it may be best to avoid the use of citric acid, lemon or lime juice due to the impact on enamel.
- If using lemon, lime or citric acid, clean your teeth afterwards by swirling plain water around your mouth.





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- **Magnesium:**

- Different forms of magnesium have different benefits. Match your form to what you need it for e.g. magnesium malate for fibromyalgia/chronic fatigue syndrome/athletes, magnesium citrate for constipation or magnesium glycinate for anxiety and sleep)
  - Example magnesium product:  
<https://www.seekinghealth.com/collections/magnesium-supplements/products/magnesium-malate-100-servings>
- The magnesium powder may not entirely dissolve. Disperse the magnesium by mixing well before pouring and drinking.



## BULK PREPARATION

To prepare in bulk, mix all the dry ingredients together in multiple you desire. For example:

- **x 1 litre:** ½ tsp salt, 1/3 tsp baking soda, 6 tsp glucose, ½ tsp cream of tartar
- **x 2 litre:** 1 tsp salt, 2/3 tsp baking soda, 12 tsp glucose, 1 tsp cream of tartar
- **x 3 litre:** 1.5 tsp salt, 1 tsp baking soda, 18 tsp glucose, 1.5 tsp cream of tartar
- **x 4 litre:** 2 tsp salt, 1 1/3 tsp baking soda, 24 tsp glucose, 2 tsp cream of tartar

When you want to mix up your electrolyte, use the options below

- Mix 2 heaped teaspoons into 250ml of water
- Mix 1 heaped tablespoons into 500ml of water
- Mix 2 heaped tablespoons (~32g) into 1 litre of water





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## ALTERNATE RECIPES

### For Energy: Orange Juice Electrolyte

- 750ml water
- 250ml orange juice (25g carbs (mostly sugar), 496mg potassium, 124mg vit C)
- ½ tsp salt (~1,160mg sodium)
- 1/3 tsp baking soda (~420mg sodium)



### For Sleep: Cherry Juice Electrolyte

- 750ml water
- 250ml cherry juice (36.9g carbs (mostly sugar), 433mg potassium, 30mg magnesium)
- ½ tsp salt (~1,160mg sodium)
- 1/3 tsp baking soda (~420mg sodium)
- 200-400mg magnesium glycinate powder



### Coconut Water Electrolyte

- 750ml water
- 250ml coconut water (600mg potassium, 252mg sodium, 60mg magnesium, 9g sugar)
- 1/3 tsp salt (~770mg sodium)
- 1/3 tsp baking soda (~420mg sodium)
- 4 teaspoons glucose/dextrose (or table sugar if can't access glucose powder)

Or if short on time, you can do 250ml coconut water with a pinch of salt and 1tsp glucose or sugar.

