

Herbal Electrolyte Drink

RECIPE & OPTIONS

Essential Components

◆ Salt

Provides essential electrolytes potassium, sodium, and chloride

- Use a high quality sea salt, non-iodized

◆ Sugar

Increases water absorption

Options:

- **Herbal syrup**
 - added benefit of herbs!
 - customizable- can be made with specific herbs you want to work with and whichever sweetener you prefer
- **Maple syrup**
 - rich in electrolytes calcium, riboflavin, manganese, zinc, potassium and more
 - low glycemic index
- **Honey**
 - nutrient and antioxidant-rich
 - higher glycemic index than maple

◆ Citrus

Contains electrolytes and micronutrients

Options:

- **Lemon**
 - pairs well with maple, lavender, ginger
- **Lime**
 - pairs well with hibiscus, mint, lemon balm
- **Orange**
 - pairs well with rose, tulsi, chamomile
- **Grapefruit**
 - pairs well with elderflower, mint, rosemary



Directions

1. Add filtered or spring water to a jar or bottle (I use a 32 oz jar)
2. Add a pinch of salt, about 1/4 tsp
3. Add a splash of your sweetener, about a tablespoon
4. Squeeze in a quarter of citrus
5. Add ice if desired
6. Shake to combine

Notes

- Add in some coconut water to your plain water for added hydration and electrolytes
- Play around with your ratios until you find your perfect fit. Some people will require more salt than others, especially those who are experiencing POTS, chronic or acute illnesses, or pregnancy.