



Oral Rehydration Solution

A 3-day rehydration protocol

Ingredients

1/2 tsp (2.5g) Natural Celtic Sea Salt,
Australian Sea or Lake Salt

1/4 cup Organic Pure Pomegranate
Juice

1/4 cup Lemon / Lime / Orange Juice

1 1/2 cups of organic, unsweetened,
pure coconut water

2 cups of filtered water

Method

1. Mix together all ingredients into
a glass, ceramic or steel jug
2. Enjoy as per the protocol
3. Keep refrigerated

Rehydration Protocol

- Consume 1 glass of ORS/Sodii over 30mins upon
waking each day for 3 days
- Maintain hydration with water and non-caffeine herb
tea throughout the day
- Consume additional glass of ORS/Sodii over 30mins
post exercise

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hydration salts. Ask us for more information should you
wish to order.

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hydration and electrolytes
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