



HOMEMADE ELECTROLYTE DRINK

Enjoy this easy and inexpensive way to make your own drink at home that will give your body what it needs, without any unhealthy ingredients that it doesn't.

Yield: Approx 2.5 cups | Time: 5 minutes

INGREDIENTS

- 2 cups (16 ounces) cold filtered water
- 2 Tbsp maple syrup
- 1 tsp course sea salt
- Fresh squeezed lemon juice, to taste
- Fresh squeezed lime juice, to taste
- ice

PREPARATION

1. Combine all of the ingredients and stir thoroughly!

Be sure to include *cold* water and ice to keep your core temperature down! This will help protect from heat-related damage and reduce fluid loss by causing you to sweat less.

AHH, H₂O

Most store-bought electrolyte drinks contain preservatives, sugar, and artificial food dye.

Making your own clean, refreshing, electrolyte replacement drink will eliminate any harmful ingredients while still giving you essential trace minerals like magnesium, potassium, sodium, and calcium. These electrolytes are needed for muscle contractions, body fluid balance, nerve function, and to maintain a regular heart beat.

Pinched for time, but still need to rehydrate? There's an even easier solution. **Coconut water!** This natural electrolyte drink is loaded with vitamins and minerals you need to stay active and hydrated.