

Proper Hydration



Electrolytes

The right amount of electrolytes that your body needs on a daily basis can vary depending on age, activity level and overall health. However, a general recommendation is 1,500–2,300 mg of sodium per day, 2,300–3,500 mg of potassium per day and 90 mg of calcium per day.

Consider adding an electrolyte powder to your daily water intake especially if you feel dehydrated even after drinking a lot of water, if you have an increase in activity level, are out in the sun for long periods of time, or have symptoms of dehydration.

This is not medical advice, please consult with a doctor.



Benefits

Proper hydration has numerous benefits for the body, some of which include:

- Improved physical performance
- Maintaining your body temperature.
- Better digestion
- Kidney function
- Healthy skin
- Boosted cognitive function
- Weight management
- Detoxification

Remember, the body is made up of 60–70% water and is a crucial part of overall health and well-being. An inadequate amount of hydration can cause further issues in the body.

When shopping for an electrolyte powder, I search for brands that are free of added coloring, added sugar or artificial sweeteners.



Home Recipe

Here is a simple recipe for a homemade electrolyte hydration drink:

- 1 liter of water
- 1/4 teaspoon of salt (sodium)
- 1/4 teaspoon of salt substitute (potassium)
- 1/4 cup of orange juice (for flavor and a small amount of magnesium)



INSTANT
HYDRATION