

Electrolyte supplement

Ingredients:

- 2 teaspoons Morton Lite Salt
- 1/4 teaspoon Baking Soda
- 32oz Water
- 400mg Magnesium glycinate or bisglycinate
- Optional: 2 teaspoons Fresh Squeezed Lemon or Lime Juice
- Optional: Dash of Stevia, to taste

Directions:

1. Mix Morton Lite Salt, baking soda, and water and stir until fully dissolved.
2. Optional: Add fresh squeezed lemon or lime juice and/or stevia for flavor and to taste
3. Optional: Serve over ice.

Usage:

- Sip throughout the day, to consistently replenish minerals
- Use daily for the first 6 weeks of keto adaptation.
- Discontinue adding baking soda after 6 weeks.
- Continue using Morton Lite Salt and Magnesium in the suggested dose.

	Estimated Daily Electrolyte requirements:	Average Electrolyte Solution Supplement Facts:
Potassium	3000mg-4700mg	2800mg
Magnesium	400mg	400mg
Sodium	4000mg-6000mg	3420mg

High potassium foods:

- **Avocado** 1,000 mg per large avocado (200 grams)
- **Swiss chard, cooked** 950 mg per cup (175 grams)
- **Spinach, cooked** 840 mg per cup (180 grams)
- **Mushrooms, cooked** 550 mg per cup (150 grams)
- **Brussels sprouts:** 500 mg per cup (160 grams)
- **Broccoli, cooked** 460 mg per cup (160 grams)
- **Salmon** 430–500 mg per 4 ounces (114 grams)
- **Meat** 400–500 mg per 4 ounces (114 grams)

High Magnesium foods:

- **Hemp seeds** 195 mg per ounce (30 grams)
- **Swiss chard, cooked** 150 mg per cup (175 grams)
- **Pumpkin seeds, dried** 150 mg per ounce (30 grams)
- **Mackerel** 105 mg per 4 ounces (114 grams)
- **Chia seeds** 95 mg per ounce (30 grams)